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ABSTRACT

This publication traces the history of the Canadian Home Economics Association (CHEA) during the 50 years 1939-1989. The following articles are included: "The Beginning: Our Founding Convention" (Elizabeth Feniak); "Leading the Way: The Presidents"; "The Symbols: Crest, Chain of Office, and Ring" (Fran Genereux); "Keeping Us Informed: The Newsletters" (Linda Hay, Donna Egglestone, Joan Bloxom, and Carol Blyth); "Reflecting Our Professionalism: The Journals" (Catherine Ellis, Mary McIntyre, Jane Carlyle, and Pat Inglis); "The Rules: Incorporation and Constitution" (Donna Horton); "CHEA Structure: The Quest for Effective National Representation" (Faye Forbes Anderson); "Where the Action Is: The Committees" (Diane Luke); "The Professional Practice Areas" (Lois Arnold, Barbara Weese, and Jean McHarg); "What Makes It Work: Membership" (Linda Homenick, Arlene Smith); "Our Headquarters: The National Office" (Ellen Boynton); "Shaping Public Policy: Fulfilling an Aim" (Kathy Deyell, Carol Whiteside); "The Honors: Awards and Scholarships" (Gertrude Gerlach); "Encouraging Research: The CHEA Foundation" (Mary Chenail); "Links in the Chain: Groups We Work With" (Marjorie Lawrence, Wanda Young, Shirley Rebus, and Barbara Hausegger); "Partnership in Action: The International Development Program" (Rosemary Zak); "Home Economics Associations at Work: The Affiliates" (Norma Bannerman); "Meeting and Sharing: The Conventions" (Susan Somerville); "Image or Identity: The Search Continues" (Ruth E. Berry); and "Looking Both Ways: A Perspective" (Betty Wolfe). Editors' comments and a profile of early contributing member Katherine Middleton are included in the publication. (KC)

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WE ARE TOMORROW'S PAST

History of the Canadian Home Economics Association

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on the occasion of its

50th Anniversary

July 1989

WE ARE TOMORROW'S PAST

History of the Canadian Home Economics Association

"We are tomorrow's past."
Mary Webb, English novelist
1881-1927

Published by the Canadian Home Economics Association to commemorate its 50th anniversary, 1989.

Written and edited by volunteer members of the home economics profession.

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Canadian Home Economics Association
L'Association Canadienne d'Economie Familiale
901-151 Slater Street
Ottawa, Ontario K1P 5H3

Editors

Norma Bannerman
Shirley Rebus
Arlene Smith

Documenting of Records

Anne Kernaleguen

Research Assistants

Gertrude Gerlach
Kathy Deyell
Carol Whiteside

Writers

Lois Arnold
Faye Forbes Anderson
Ruth Berry
Joan Bloxom
Carol Blyth
Ellen Boynton
Jane Carlyle
Mary Chenail
Kathy Deyell
Donna Egglestone
Catherine Ellis
Elizabeth Feniak
Fran Genereux
Gertrude Gerlach
Barbara Hausegger
Linda Hay
Linda Homenick
Donna Horton
Pat Inglis
Marjorie Lawrence
Diane Luke
Jean McHarg
Mary McIntyre
Susan Somerville
Barbara Weese
Carol Whiteside
Betty Wolfe
Wanda Young
Rosemary Zak

Publishing

Arlene McKay

Publicity

June Davis
Joan Hickie

Reviewers

Winnifred Bracher
Barbara Cousens
Elizabeth Feniak
Gertrude Gerlach
Anne Kernaleguen
May Maskow
Marilyn McDowell
Margaret Wallace
Wanda Young

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The editors thank all those who generously volunteered their time to work on this publication. Particular recognition must go to:

Anne Kernaleguen, who initiated the idea of this publication; and

Gertrude Gerlach, CHEA archivist, whose diligent efforts in locating information were vital in confirming accuracy of details.

A Tribute to Katharine Middleton

Katharine Middleton was one of those who played a significant part in CHEA's history. The Association recently received a generous bequest from her estate, some of which was used to assist in the publication of this book. We are pleased to acknowledge this contribution by presenting this short résumé of her career.

Katharine Middleton BSc(HEc)
1906-1987

A cheery, friendly person of unbounded enthusiasm, keenly interested in foods, nutrition and dietetics, and skilled in communicating with others. This describes Katharine Middleton, one of the founders of the Canadian Home Economics Association. A life member of CHEA since the first meeting in 1939, she was made an honorary life member in 1967. Her interest in CHEA remained strong throughout her life and the association was the recipient of a generous bequest upon her death.

Katharine graduated in 1929 from the University of Manitoba. She took a dietetic internship at Kahler Hospital, Rochester, Minnesota and in the autumn of 1930 spent a few months as visiting dietitian at Morden hospital. The following three years she was dietitian and food consultant for the T. Eaton Co. in Winnipeg. She spent the next thirteen years, 1935-48, as food editor of the *Winnipeg Tribune*. In addition to writing for the newspaper, she was busy in community nutrition education, public speaking and radio, and the organization of cooking schools. In 1945, she was selected to be editorial correspondent for the Southam newspaper chain to cover the historical first meetings of the Food and Agriculture Organization of the United Nations. During the years of World War II, she frequently spoke in rural areas on nutrition, food rationing and FAO. In 1942, she was awarded a City of Winnipeg pin for community leadership in nutrition education and victory gardens.

She moved to Chicago in 1948 to become editor of the Consumer Education Department of the Household Finance Corporation. In 1950, she became the food and nutrition staff member at Harvey and Howe Inc., a large national home economics company. For almost two years, she produced and starred in a one-hour daily food show, "Chicago Cooks with Kay Middleton." She became Director of Experimental Kitchens and Service Counselling and also Associate Editor of *What's New In Home Economics*, a publication of Harvey and Howe Inc.

She took early retirement in 1961 to look after a very ill parent. A diabetic for many years, Katharine collaborated with Mary Abbott Hess in writing *The Art of Cooking for the Diabetic*, published by Contemporary Books in 1978.

Katharine was a long-time member of numerous home economics and dietetics associations. She was very active with the Chicago Nutrition Committee of the Chicago Dietetic Association. She was associated with the American Diabetes Association, Northern Illinois Affiliate since 1969, serving as volunteer nutritionist for four years and member of the board of directors for six years. This association presented her with their Outstanding Service Award in 1978. The Chicago Dietetic Association gave her what she considered her most precious and exciting award, a brass plaque stating:

- *for voluntary service to our profession in activities and publications,*
- *for dedication in meeting the nutritional needs of our community,*
- *for professional standards that combine excellence with great humanity.*

In 1986, aware of failing health, Katharine moved into Barr Pavilion Nursing Home in Chicago. Several months later, she spent a September week in Toronto where some very close friends joined her in celebrating her 80th birthday. Katharine Middleton died on June 2, 1987.

Foreword

Anne Kernaleguen

BHSc, BEd, MA, PhD, PHEc

Anniversaries are important events in the lives of individuals and organizations. The first fifty years of the Canadian Home Economics Association is now history. By recording its noteworthy past, greater understanding and knowledge of its fundamental characteristics is possible. The yesteryears, rich in dedication to ideals, give character, force and meaning to the present, laying firm and strong foundations for the future.

In 1979, as refereed research chairman, I had the privilege of working on the issue of the *CHE Journal* which commemorated the 40th anniversary of the Association. This provided me with an exceptional opportunity to delve into some of the records of CHEA. My personal reward was an increased appreciation of, and admiration for, the early leaders of the profession.

In researching those records, I found a wealth of information and became convinced that all home economists would be greatly enriched by an historical account of the first fifty years of the Association. With a compilation of history available, readers could become more aware of the vision of our pioneers, more appreciative of the persistent efforts of presidents and executives, and more cognizant of the "esprit de corps" of the membership throughout the years.

I am convinced that this publication provides an account of a heritage that will influence present and future endeavors. Furthermore, I believe it shows that, despite societal trends and organizational fluctuations, the Canadian Home Economics Association will continue to be a contributing influence for the betterment of Canadian society.

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We *Are* Tomorrow's Past: Reflections from the Editors

Left to right: Shirley Rebus, Arlene Smith, Norma Bannerman

We *are* tomorrow's past. The title of our 50th anniversary history is a statement of fact. History *is* being made today; unfortunately, we seldom realize it. Nor do we realize the importance of carefully recording our activities until we search the records for details of some event, only to find they are incomplete. We encourage all of you– CHEA and affiliates – to keep accurate records and to store them in a safe place. In addition, where appropriate, write with humor and warmth. Future home economists will want to know what we did; they will also want to know what kind of people we were. Our history is a mixture of both.

"God can't change the past - historians can." We chuckled when we came across this quotation from English writer, Samuel Butler. However, it served to remind us that one can "alter" the past by making small errors, and that history is written through the mind of the writer. Knowing this, we made every effort to report facts accurately, to track down elusive details, and to be objective. Above all, we hoped to show that history need not be dull!

We wish to thank Anne Kernaleguen for spearheading this project, for gathering together copies of all the association records, and categorizing them into marvelous order. It has been a privilege for us to coordinate and edit the material. Since we assumed our duties in June 1988, we have shared highs and lows, laughter and frustration, and above all, excitement over the CHEA story as it began to unfold.

Our CHEA history is *not* dull. We found it interesting, thought provoking, sometimes challenging, occasionally humorous; always we were left with feelings of appreciation and respect for those who made it happen. The twenty-nine writers who researched and wrote the manuscript had the same reaction. Over and over, we heard comments such as "I really enjoyed researching my topic"..."It was so interesting"..."I wanted to read more"..."I found it hard to stop writing"..."I learned a great deal doing this"..."I'm proud to have had a part in this history"...

When we belong to an association and keep abreast of its activities, we believe we are familiar with its history. However, many new aspects unfold when delving into its records. We have worked hard on this publication; in return we have been rewarded by learning a great deal about our national association. It is with pride that we present its history to you, as we see it.

WINNIPEG FREE PRESS, WEDNESDAY, JULY 5, 1939

Gather To Share Ideas

Canadian experts in home economics are meeting in convention for the first time at the Royal Alexandra hotel. Delegates have gathered from across the dominion, together with representatives from the United States. Top left are shown Mrs. T. L. Townsend, Birtle, Man.; Mrs. L. Pettingell, Winnipeg, and Miss J. Stewart, Winnipeg; top right, Miss R. Dean, Miss Lorna Faulds and Miss Marie Holmes, all of Toronto; lower left, Mrs. Katherine Ansley, executive secretary of the American Home Economics association, Washington, D.C.; Miss Mary Foley, Rochester, Minn.; Miss Jessie McLenaghen, Victoria, B.C.; Miss Edith Elliot, Ottawa, and Miss Betty Gray, Saint John, N.B.; lower right, Miss Mabel Patrick, Edmonton; Edna Patrick, Edmonton; Miss R. F. Peterson, Winnipeg.

Photo courtesy of Glenbow Archives, Calgary, Alberta.

The Beginning: Our Founding Convention

Elizabeth Feniak BSc(HEc), MSc, PhD

The year 1939 was hardly a "run of the mill" year in Canada. The farm economy was slowly recovering from the drought of the dirty thirties. Hitler was on the march in Europe and the war clouds would culminate in Canada's declaration of war on September 10th. King George VI and Queen Elizabeth visited in June, making whistle stops across Canada to the cheers of thousands of school children. And in July, Winnipeg hosted a gathering of enthusiastic home economists, intent on laying the groundwork for a national association.

The Time Was Ripe

Home economics was not a new field of study in the year 1939. The subject was widely taught to junior and senior high school students and groups of adult women. University degree programs were well established in ten Canadian universities by 1939[1]. University enrollments were growing and the curricula expanding. Several Canadian home economists had participated in the Lake Placid conferences that culminated in the formation of the American Home Economics Association in 1910. Local associations of home economists existed in a number of centers. But these groups were scattered, few in number, and there was no mechanism to bring them together for shared professional activities. The spark to achieve this came from the Manitoba Home Economics Association.

The Planning Began

The Manitoba Home Economics Association had been organized in 1911 and until 1929 carried out a program of speakers, field trips and social events. However, the organization was dormant during the depression of the 30's; meetings ceased and only a chairman and secretary remained in place.

In 1937, at a meeting of forty-five members, the Manitoba Association was re-organized with Mary Moxon from the University of Manitoba's School of Home Economics as president. Professor Moxon and Dr. Grace Gordon Hood (who had recently come from the United States to become Director of the School of Home Economics) encouraged the newly activated group to pursue the organization of a national association.

Thus in 1937-38, the Manitoba Home Economics Association voted in favor of holding a conference of home economists. A planning committee, chaired by Anna Speers, included Mary Moxon, Katharine Middleton, Isobel Robson and Annie Guild. The conference was first envisioned as a meeting of home economists from the four western provinces. The purpose of the meeting was to exchange information, coordinate professional activities, and consider the formation of a national association. As correspondence proceeded, groups from other provinces in Canada indicated their interest in sending delegates. In the end, representatives from twelve regional groups were present. The dates selected were July 4th to 6th, the site was the Royal Alexandra Hotel, and the registration fee was set at $2. Tickets for transportation and the banquet were $3.

A program of speakers on nutrition, textiles, home economics curriculum, consumer education, and home economics careers was planned. The American Home Economics Association was asked to send a representative, although the convention committee indicated that they were unable to pay her expenses. Mrs. Katharine Ansley, executive secretary of the 15,000-member American Association attended, was guest speaker and also provided helpful suggestions to the constitution committee. As it happened, the convention committee was able to pay Mrs. Ansley's hotel expenses and contribute $50 to travel costs.

The Service Bureau of Winnipeg was employed to sell program advertising and exhibit space, print the program, and collect and pay the bills, for a charge of 25% of the total receipts. The Tourist Bureau had offered to look after the registration desk but was not present when delegates began to arrive at 10 a.m. so members filled the vacancy. It is reported that Meta Lamont, Florence Thurston and Gertrude Long manned the registration desk for the full three days of the convention.

The Attendance Exceeded Expectations

Events of the founding meeting have been described by Middleton, Ames and Wilson. Attendance figures were nearly double the number expected. The registered delegates numbered 116, with thirty-four present from outside Winnipeg. They were teachers, university lecturers, hospital dietitians, homemakers, and home economists in home service, government and journalism. Every province was represented except Quebec, Nova Scotia and Prince Edward Island.

The National Association Was Established

In a very few minutes following the opening of the business meeting, the motion to organize a national association was unanimously passed. This was followed by a motion naming the new organization the Canadian Home Economics Association. Mabel Patrick moved that it be set up as a federation of provincial groups, with provision for

[1] These Universities were Toronto, degree course began in 1902; Manitoba 1915; Macdonald College, McGill 1918; Alberta 1918; Mount Allison 1924; Acadia 1925; St. Francis Xavier 1927; Mount St. Vincent 1927; Saskatchewan 1928; Brescia College, Western Ontario 1938.

members at large. Both motions were carried. Since the organization of groups in the provinces varied a great deal, it was felt to be unwise to limit membership to provincial groups, and that provision for membership at large was necessary. Thus CHEA began as a group of individual members. Federation of provincial groups was the goal, however, and it appears that after fifty years this might finally occur.

Three committees were formed, to report back on the final day. These were Constitution, Resolutions, and Nominations, chaired respectively by Mary Moxon, Lottie Sommerfeld and Mary Hiltz. Miss Nellie McNicol, a lawyer, provided advice at the business meeting and assisted the constitution committee.

The Program Had Something for Everyone

The program was varied and interesting. Mary Foley, consultant dietitian from the Mayo Clinic, spoke on "The Adequate Diet"; Marjorie Moore from the Winnipeg Family Bureau, spoke on "Nutrition and Social Service"; William Douglas, textiles technician from the T. Eaton Research Bureau, discussed new synthetic fibers; Ruth Dean from Toronto spoke on the new province-wide home economics curriculum. The work of home economists in journalism, in rural extension and in utility companies was covered by Katharine Middleton, Frances McKay and Doris Short. A public lecture was held the evening of the first day, with about two hundred persons attending. Mrs. Ansley from Washington spoke on "Home Economics and the Community," and Edith Elliot from the Department of Agriculture, Ottawa spoke on "The Home Economist and the Consumer."

Social occasions provided opportunity for much talk, strengthening of friendships, and discussions of professional work. The University of Manitoba hosted a tea in the recently-constructed Practice House, the Swift Canadian Company provided luncheon following a tour of the plant, the Men's Press Club gave a cocktail party, and the Winnipeg Tribune hosted dinner at the St. Charles Country Club.

The registration fees, advertising revenue and donations completely financed the convention. Thus, it was not necessary to dip into the funds of the Manitoba Home Economics Association.

The New Canadian Home Economics Association

The final business meeting received committee reports. Standing committees were formed and convenors appointed. The aims and objectives were cited as follows:

1) *to bring about a closer cooperation between the branches of home economics*
2) *to coordinate the aims and objectives of all branches of the profession and of the provincial and other Canadian groups*
3) *to promote the welfare of the Canadian home and to serve the community life of Canada*
4) *to encourage and aid investigation, research and surveys and to make available reports, pamphlets, etc. relating to home economics*

Seventy-one charter members paid fees. Eighteen of these were life memberships which provided the new organization with funds to cover operations.

The executive of the Association consisted of the president, the secretary-treasurer, a representative from each province, and the convenors of standing committees (of which there were twelve). Jessie McLenaghen from Victoria, B.C. was elected the first president, Charlotte Black from Vancouver, secretary-treasurer. Provincial representatives were: H. Hazard, P.E.I.; Frances McNally, N.S.; Doris Runciman, N.B.; Miriam Dunbar, Quebec; Lorna Faulds, Ontario; Katharine Middleton, Manitoba; Bertha Oxner, Saskatchewan; Hazel McIntyre, Alberta; Charlotte Black, B.C.

It was agreed that the next convention would be in 1941 in British Columbia. (It was held at the Empress Hotel, Victoria.)

The Results Were Gratifying

The convention activities received good coverage in the daily newspapers, the *Winnipeg Tribune* and the *Winnipeg Free Press*. Jane Horne of the *Free Press* pointed out that it was:

> *no ordinary convention of people but a meeting of women whose work is vitally allied with everyday living...their research...the means to the end of making life more pleasant, healthful and economically sound for the homemakers of the nation and consequently for the nation at large.*

The many group pictures show animated individuals, smartly attired and wearing hats, sometimes gloves.

The first convention was an undoubted success, the result of much hard work and perseverance on the part of the planning committee. (The original committee had been enlarged with the addition of Doris Short, E. Scott, M. McCall and Mary Hiltz. Isobel Robson and Louise Pettingell took on major responsibilities at the time of the conference.) There were many difficulties - no precedents to follow, no funds available, mailing lists a muddle. Countless letters were written. The employment of the outside agency was felt to be well worth the cost. Everything had gone well and the national association was now a reality. Anna Speers and Katharine Middleton had provided outstanding leadership and direction to the group planning the conference and in 1964, at the 25th anniversary convention, were honored by CHEA for their contribution. Katharine Middleton, reporting on the convention, stated that it was doubtful if any convention at a later date would be attended by a more enthusiastic group.

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Wilson, Johanna G. A History of Home Economics Education in Manitoba, published thesis, Manitoba Home Economics Association, 185-187, October 1969.

Charter Members, Canadian Home Economics Association

Alexander, Jean
Allen, Eva R.
Ames, Mrs. Evelyn
Ansley, Mrs. Katherine
Attree, Mary
Baird, Robina
Birt, Mrs. Jessie
Black, Charlotte
Buchnam, Laura
Cameron, M.
Cherry, Norah
Crealock, Ruby
Cuthbert, Alice
Davis, Mrs. Flora
Dean, Ruth
Doig, Mrs. D.R.
Dowler, M.
Elliot, Edith
Faulds, Lorna
Fisher, Christine B.
Forsythe, Anne
Fowler, Mrs. N.
Grey, Betty
Grey, Mrs. S.E.
Groff, Clara
Guild, Mrs. Annie
Guild, Mrs. Mary Kelso
Halsall, Iva
Hancock, Mrs. Jessie
Hiltz, Mary
Holmes, Marie
Huntley, Maryon
Hutchison, Mrs. Ethel
Johnson, Lil
Johnson, Mrs. T.A.
Kernaghan, Rae
Lamont, Meta
Leslie, Mrs. Gertrude
Livingstone, A.
Long, Gertrude
MacArthur, Isabel
McCuaig, Bessie
McFadden, Eleanor
McIntyre, Hazel
McKay, Frances
McLauchlin, Florence
McLenaghen, Jessie L.
Mason, E.
Middleton, Katharine
Moxon, Mary C.
Ogletree, Laura J.
Panton, Lenora
Patrick, Edna
Patrick, Mabel
Peterson, Mrs. Bertha
Peto, Marjorie
Pettingell, Louise
Raphael, E.
Reid, P.
Robson, Isobel
Rutherford, Kathleen
Schwalm, S.
Short, Doris
Sommerfeld, Mrs. Lottie
Speers, Anna
Sproull, Audrey
Stechishin, Savella
Stewart, M.M.
Stewart, Jessie
Stevens, Alice
Stillwell, Mrs. G.B.
Thompson, N.
Thurston, Florence
Townsend, Mrs. Lillian
Watts, Audrey
Withrow, Margaret
Wood, Mrs. Sara

This list includes those who appear in the 1939 minutes, plus an additional six people who appear on a later listing.

Charter members of CHEA, photographed at the 25th anniversary convention, July 1964

Leading the Way: The Presidents

Jessie L. McLenaghen, BSc
First President

It is true that there is nothing so easy to kill as enthusiasm and nothing so difficult to revive. □

I should like to appeal to you for greater solidarity within our own ranks - a solidarity which can come only through building up a strong professional spirit amongst all the workers in the field, whether we are hospital dietitians, nutritionists in social service, home economics women in business, professional homemakers, or home economics teachers in our schools and colleges. The recognition we gain will depend on our unity of purpose. □

Our success depends on the interest and enthusiasm of each individual member. Let our slogan be "What can I contribute?" not "What am I going to get out of it?" □

There is danger . . . of narrowing down one's look to embrace only the immediate needs and ideals of the group in which one is active, forgetting that the success of an association lies in its contribution to the life of its times. Any organization that does not have altruistic service as its goal falls short of complete fulfillment. In other words, as with the individual, so with the group - we must pass beyond the stage of self-assertion to the stage of self-realization, that point at which we are concerned with what we can give out to others. □

In 1939-40 we had a total of 410 members. In 1940-41 we had hoped to increase our members, but no doubt there are many factors that have made this impossible. Our membership to date is 429. Our objective should be one hundred percent of the home economists across Canada. Let us aim at the moon, and we may hit the mountain. □

Quoted from annual reports and newsletters.

Pageant of Presidents

Launching and keeping up the momentum of CHEA has been no small task, and we acknowledge with appreciation the tireless efforts of those who have presided over the Association during the past fifty years.

The 1964 issue of the *Journal*, honoring CHEA's 25th anniversary, contained a "Pageant of Presidents" for that period. The first thirteen presidents were featured, accompanied by an account of the major events of the Association under their leadership. The Spring 1979 issue of the *Journal*, celebrating CHEA's 40th anniversary, again contained a "Pageant of Presidents" section, and the eight intervening presidents were featured as before. Following is a list of the presidents featured in these issues.

1939 - 41	Jessie McLenaghen	1952 - 54	Mary Clarke	1966 - 68	Wanda Young
1941 - 43	Jessie Brodie	1954 - 56	Florence Howden	1968 - 70	Sally Henry
1943 - 45	Frances McKay	1956 - 58	Marjorie Kennish	1970 - 72	Maxine Cochran
1945 - 46	Doris Runciman	1958 - 60	Katherine Johnson	1972 - 74	Winifred Bracher
1946 - 48	Mabel Patrick	1960 - 62	Gertrude Gerlach	1974 - 76	Margaret Pope
1948 - 50	Margaret McCready	1962 - 64	Kathleen Watson	1976 - 78	Doris Badir
1950 - 52	Edith Rowles	1964 - 66	Norah Holcomb	1978 - 80	Elizabeth Feniak

It is with pride that we continue this tradition by presenting the five who have served as CHEA presidents since 1980.

1980 - 82

May Maskow

BEd, MSc

During this period new executive director Diana Smith established a significant number of government and association links in Ottawa. Letters flew at a rapid rate from the president in response to "Operation Alert" and to social issues related to the family.

Board members, at meetings held twice each year, supported an initiative lead by Dr. Jean Steckle to more formally establish the international development process of "twinning". Through this process the Toronto and Caribbean Home Economics Associations worked together to produce culturally appropriate textbooks in the Caribbean. Meanwhile, a cross-country survey of provincial and local associations culminated in successfully obtaining support from CIDA to hire an international development officer. Sharon Channer, who filled this role, was extremely active. Among other things she organized a conference in Ottawa to acquaint the board and international development committees from across the country with opportunities for Canadian home economists in international development.

The executive recognized the difficulties of communicating with members from so many parts of Canada and attempted a more open and communicative annual meeting. This rated highly on the 1981 conference evaluation. On a professional note, home economists continued to express concern about "image" while Canadian women worked to understand the phenomenon of "networking".

1982 - 84

Margaret Wallace
MEd(HEc)

Edmonton, Saint John, and Ottawa - the conference cities during my two years as president illustrate so well the truly national nature of our association.

There were many highlights during my tenure, one being very open and direct communication. This was due partly to the proximity of executive and national office, and partly to a team approach to board decision-making.

After many years of discussion and consultation, in July 1983 the board approved a new structure which focused and channeled communication through the vice-presidents to the executive and board. In the same year, CHEA became officially bilingual when a bilingual policy was approved at the annual meeting.

An International Development Officer was appointed early in 1983, two years after CHEA became involved in the field. Other major activities were preparation of a brief on pension reform, response to Health and Welfare Canada regarding nutrition labelling, and support to colleagues on the issue of equal pay for work of equal value.

Concern over the future direction of CHEA resulted in the engagement of a consultant, Marilyn Kaiser, to help the Association develop a long range plan. Most of the recommendations of the resulting report were approved by the board and membership at the July 1984 Conference.

1984 - 86

Elizabeth Dowdeswell
BSc(HEc)

Two political movements of the 70's, the ecology movement and the feminist movement, each had the potential to impact upon CHEA in a profound way. Implicitly, home economists, trained to focus on the near environment, understand the obligation to preserve the vitality and resilience of our ecosystem. And, as a profession made up primarily of women and concerned about the well-being of families, CHEA was uniquely positioned to make a contribution. We challenged ourselves, expanding collectively a social consciousness. Our position papers included topics as varied as pornography and prostitution, pension reform, and home economics and family studies education in Canadian schools. We presented briefs to the Justice Committee on equality, to the Senate Committee on youth, and to a myriad of federal and provincial politicians. Gradually, our interventions in the development of public policy were not only accepted, but were sought.

This maturation brought about disorienting change internally. Our structure and policies were frequently tested, as we summoned the confidence to move into uncharted waters. The development of a strategic plan, the exploration of a federated structure, and discussions on public relations, corporate involvement and codes of ethics were important steps.

These were years of questioning and preparation to take our proper place contributing to an enlightened agenda for society.

1986 - 88

Jane McKay-Nesbitt
BHEc, MSc, RFP

The Code of Ethics adopted at the 1988 annual meeting was the highlight of my presidency, as I believe we cannot be considered a true profession without one.

I am very pleased that during my term of office, members finally became fully aware of the fiscal crisis that had been developing over several years. Even more significant was their willingness to do something about it.

Close financial control during 1987-88 meant that we were able to end the year with a surplus and leave the new president and board with an organization that was fiscally sound and stable, thus permitting them to move their focus to servicing members and public policy initiatives.

The constitution was revised to more accurately reflect the nature of our organization.

A significant event during my tenure was the establishment of a Task Force on Universities. In recognition of the fact that the survival of our profession is dependent upon the survival of home economics at universities, CHEA initiated a series of discussions with members of the university community. The purpose of these discussions (still in progress at the time of publication of this history) is to find ways in which CHEA and the universities can support each other on behalf of the profession. This task force report will provide guidance for CHEA in other relationships with the universities in the coming years.

1988 - 90

Barbara Cousens
BHE, MA, PHEc

To hold the Chain of Office during this celebration period for CHEA is indeed a privilege. In my first year I have had the opportunity to be involved with reflection on the past achievements of the Association as we commemorate our 50th anniversary. I have come to appreciate the evolution of the Association and the profession, as we have worked on the publication of this history and prepared for the 1989 Conference in Winnipeg, where CHEA was founded fifty years ago.

The second year of my term will mark the move into a new era. As our colleagues did in the past, we must assess societal changes and address the needs of the future in order to provide direction for the Association in the next decade. There are several areas that must be addressed including home economics education, organizational changes to meet member needs, a re-evaluation of the role of professionals in nontraditional work, and new initiatives in national and global perspectives.

CHEA can respond in a number of ways. We can build on the initiatives of the past few years; we can be active leaders in new directions. For example in November of 1988, I participated in a conference that marked the beginning of an exciting new linkage of home economists from circumpolar countries. CHEA is presently exploring the possibility of coordinating a Canada-wide nutrition education program for native people.

A look at our history helps us appreciate that things change and things stay the same. Working within the parameters of those things that are constant, the Association must evolve.

The Symbols: Crest, Chain of Office, and Ring

Fran Genereux BEd(HEc), PHEc

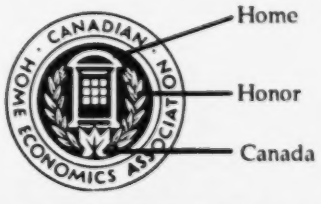
Canadian home economists have three specific symbols that characterize their professional designation. The distinctive circular crest marks official correspondence and documents of the Association, and the President's Badge worn by the CHEA president distinguishes the current leader. Across Canada, home economists can be identified by their small gold ring. Each of these symbols has a special history which adds to the story of the Association's evolution.

The Crest

The crest had its beginning in 1946 when Miss H.A. Wilmot convened the first crest committee. This group discussed the desirability of a crest, the difficulty of obtaining suitable designs, and the need for a professional artist. The committee contacted clubs and members for ideas. Suggestions included a lamp symbolic of giving light, a flame and needle representing enlightenment and technical skill, or a figure of a woman to represent the chatelaine of the home.

The 1948-50 crest committee, chaired by Ann Cameron, was to commission a professional artist to submit suitable designs, and arrange for engraving and printing of the crest and stationery. Charles Goldhammer, a teacher at Central Technical School in Toronto and an official war artist for the RCAF, was selected. He was asked to prepare a design based on a variety of criteria which produced *"a design with a modern feeling."*

Mr. Goldhammer presented and revised a number of designs, the final one being selected by the crest committee. Their decision was based on the simplicity of the design and the appropriateness of the motif. The door represents the home, the stylized maple leaf is a symbol of Canada, and the laurel wreath signifies honor. In 1950 the original CHEA crest was approved; the color red was chosen for the national association and black for the convention committee.



This is the CHEA crest used on the first stationery printed after the development and acceptance of an official design in 1950. Red was the original color.

Following a 1960 suggestion that a CHEA pin be designed, the HEIB section undertook this as a project. By 1962 a gold-filled pin with the CHEA crest on red and white enamel was developed and sold for $3 each.

In 1958 the Saskatchewan Home Economics Association asked to use the CHEA crest on its stationery. At the annual meeting, permission was given to affiliated groups to use the crest on their letterhead, using the color blue and adding "in affiliation with." Although this permission was given, most of the forty-three currently affiliated groups use their own designs.

Crest Reflects Move Toward Bilingualism

With the adoption of the official French translation of the Association's name, changes were required in the crest. At the 1977 annual meeting a motion was passed specifying that *"the seal be modified to include both English and French versions."* An attempt was made to include both names but it was thought that this would require another circle, distorting the balance of the original design. The board of directors also considered having two official versions, but finally decided to change the crest by deleting the English name of the Association from the outer band, and printing the English and French names beside the crest.

CANADIAN HOME ECONOMICS ASSOCIATION
L'ASSOCIATION CANADIENNE D'ECONOMIE FAMILIALE

This is the first letterhead, printed in 1978, following the decision made at the 1977 Annual Meeting to use both the English and French names of the Association, and the decision made at the 1978 Annual Meeting to delete the English name from the outer band of the crest, in order to achieve a common crest for both languages. In order to give a more balanced appearance to the crest, after deletion of the lettering, the original outer band was narrowed and the outer ring was made slightly thicker.

Use of the Crest

In 1981-82 letterhead was printed using olive green as the official color, with a field of practice statement added to the bottom of the page, in both French and English. This was an attempt to be more visible about the nature and scope of home economics. However, the wording selected was not

acceptable to all members and a decision was made to omit any field of practice statement, printing only the head office address and telephone number on the bottom of the page.

In 1983 a pewter lapel pin of the crest was produced. Keychains, letter openers, business card holders, small pitchers, book marks, porringers and spoons including the crest have since been produced and are still available for purchase by members.

Official CHEA publications and correspondence continue to be easily recognized by the distinctive circular crest.

The Canadian Home Economics Association
L'Association Canadienne d'Economie Familiale

This is a sample of the latest CHEA letterhead, changed in 1986, and showing a larger crest in a green color instead of red.

To commemorate the 50th anniversary of the Association, a special logo has been produced; it aptly includes the CHEA crest in the design (see front cover).

The President's Badge and Chain

The President's Badge of Office was a gift to the Canadian Home Economics Association as a token of appreciation and gratitude from the United Kingdom Federation for Education in Home Management.

In 1958 the IXth Congress of the International Federation for Home Economics met at the University of Maryland, College Park, Maryland, U.S.A. It was followed by a tour through Ontario and Quebec arranged by CHEA. Two hundred and eighty-one home economists from twenty-one countries each paid $131 to participate in the 700-mile tour. Eight Canadian home economists accompanied the group, acting as tour guides. The central committee in Toronto was co-chaired by Helen McKercher and Mary Clarke. With their five-member committee plus the local chairman in each city, they organized a tour that was an *"outstanding success."* As a way of showing appreciation for the hospitality extended by the Canadians, the delegates from the United Kingdom engaged Elizabeth Kirkwood of Edinburgh, Scotland to design a president's medallion. It is three inches in diameter with a solid silver center embossed with the CHEA crest, surrounded by scrollwork on which is superimposed gold maple leaves and heads of wheat. The chain from which the medallion hangs is composed of large links, each of which is to be engraved with the name of a former president.

The medallion was received on behalf of CHEA by Mr. George Drew, the Canadian High Commissioner to Britain, at a special ceremony in London, England. The badge was accompanied by a handmade, leather-bound book containing the message of presentation and the signatures of the 84 members of the United Kingdom Federation who participated in the tour.

In August 1959 the medallion reached Canada, to be collected at customs by the president at the time, Katherine Johnson (Mrs. E. F. Peebles). Because of the high value of the medallion, she was asked to pay a correspondingly high customs duty. It required considerable persuasion to convince the customs officer that the badge was a gift to all members of CHEA and that she should be allowed to take it home without charge.

The Chain of Office was officially presented to CHEA by Dr. Lily Newton, President of the United Kingdom Federation for Education in Home Management at the opening ceremony of the 1960 CHEA Convention in Edmonton. Since that time, it has been worn at the discretion of the president as she presides over annual meetings or attends official functions as a representative of, or ambassador for, CHEA.

Anniversaries

Anniversaries are vital moments which link the living Present with those two eternities - the Past and the Future.

The Home Economics Professional Ring

The idea for a ring as a national symbol for home economists came from the students at the University of Saskatchewan in the mid-1960's. They brought the concept to the annual convention of Home Economics Clubs in 1966, and in 1967 it was officially adopted.

Selection of the final design was the responsibility of a ring committee in Saskatoon, consisting of seven students from all segments of the home economics program. Specific criteria for the design were that it be unique, but simple; dainty, but durable; attractive and appropriate for all occasions. The final selection was a ring of yellow gold, with a florentine finish, featuring a shank with ten facets across the top. Yellow gold is used to denote the warmth of home and family. The shank represents the many facets of home economics and the evolving nature of the profession. The circular form upon which the facets are located represents the necessity of union of all areas to fulfil the purpose of promoting the welfare of the family and home.

The ring was to be worn on the little finger of the right hand (later changed to either hand) and all home economics graduates from Canadian universities were eligible to wear the ring. In 1968 the first rings were ordered for some three hundred graduates across Canada, at an approximate cost of $13.50 each. They were to be presented at a special ceremony just prior to convocation by the deans or directors of the home economics programs.

Purpose of the Ring

The purpose of the ring is to act as a unifying force within the profession, to increase professional pride, and to act as tangible proof of the ideas and ethics of the profession. The students who originated the ring hoped that it would be adopted by former and future graduates to become a national symbol of home economists, and this has become a reality. CHEA endorsed and commended the action of the college clubs. The ring remains separate from membership in CHEA.

The Ring Ceremony

Graduates receive their home economics professional ring at a special presentation ceremony at the time of graduation. Each university is responsible for its own program and engraving. The following pledge has been recited in unison by all graduates receiving the ring since 1971:

In accepting this ring as a symbol of our profession, I pledge:
- *to demonstrate my competence in the body of knowledge unique to each facet of home economics.*
- *to further the development of human resources through working in conjunction with other disciplines.*
- *to help families and individuals realize a more satisfying life.*
- *to live creatively in a changing world.*

References and Sources

CHEA papers, National Office and National Archives, Ottawa.

To The 1947 Graduands

Congratulations will soon be in order. May I, on behalf of the Canadian Home Economics Association, extend them now to you and wish you every success in whatever you undertake?

Some of you will be continuing your studies others will be entering a period of training for institutional work, some will be entering some phase of teaching, others going into homes of your own. Some of you will find your place in business, sociology, social service, nutrition, home service, journalism, laboratory work, clothing, applied art or other fields. I cannot but think what an interesting future lies ahead of you in your chosen profession. The foundations for your work have been laid by home economists past and present. They have shown the need for home economists in the world of today. You have only to live up to the opportunities and responsibilities which have been made possible by the efforts of your predecessors.

Following are a few ways in which you may make professional contacts, and keep up with professional interests and develop professionally; I commend them to you:

Join your professional organizations and participate in their activities.

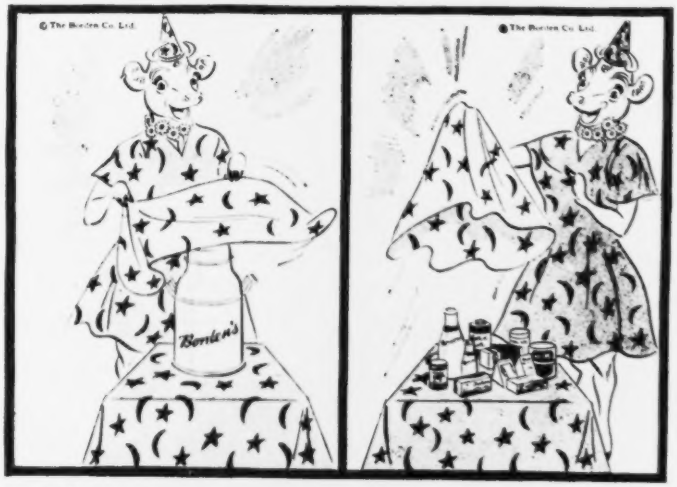
Subscribe to and read professional journals and keep up with current developments in your profession.

Watch for new books and read them.

Attend refresher courses, summer school or take advanced courses. Visit others at work in various home economics activities.

Above all, do not feel that the professional interests are enough. Your training has not been limited to home economics. Let your interests be as broad as your home economics training. Have a hobby; participate in some sport. Read widely. Keep up-to-date. The ideal home economist is not just a professionally trained woman; she is an educated interesting person whom everyone likes to meet.

Reproduced as published in *CHEA Newsletter*, May 1947



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CHEA Newsletter, August 1948

CADBURY'S *instant* **DRINKING CHOCOLATE**
MADE RIGHT IN THE CUP!

NEW

CHEA Newsletter, August 1948

SEWING LESSONS CAN BE MORE STIMULATING AND LIVELY

DID YOU KNOW that a man's tobacco pouch was the first nationally know product to use a slide fastener? Or that the placing of the first line of stitching is one of the most important points in sewing in a Lightning fastener?

These interesting facts on the history and application of the slide fastener have been assembled in leaflet form for your sewing classes. Other leaflets on Directions for Applying Slide Fasteners; Sewing and Care of Slide Fasteners, and Facts About Today's Slide Fasteners, are also available.

For your convenience, Lightning has assembled these English and French leaflets in a handy "Teacher's File on Slide Fasteners." Write for your free copy now, to:

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CHE Journal, September 1955

11 VARIETIES

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NO WASTE • EASY TO PACK •
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FANCY QUALITY *dehydrated* VEGETABLES

CHEA Newsletter, July 1946

Keeping Us Informed: The Newsletters

Reading the newsletters was an enjoyable and enlightening experience for each of us who had the opportunity to do so. The contents reflect CHEA activities, goals and concerns at successive stages of our history. Using excerpts from these newsletters seemed the best and most accurate way to share their contents with you.

1940 - 1945 Newsletters in the War Years

Linda Hay BSc(HEc), PHEc

CHEA was scarcely two months old when Canada entered the Second World War. Newsletter items during this period reflect the new organization's sense of responsibility toward Canada and its people. The first newsletter, published in February of 1940, contained a message from the president, Jessie McLenaghen, in which she stated *"...even the tragedy of war offers us a challenge for service."* This philosophy continued throughout the war years.

The first newsletter was a professional and scholarly publication, typeset in rather fine print, 6" x 9" in size, and twenty pages in length. Articles included the president's message, reminiscences by pioneer home economists Alice Ravenhill and Mary Urie Watson, and accounts of addresses given at the founding convention. Convenors of standing committees were listed , and an interesting chart showed the membership by province. This was the only newsletter published in 1940. It was followed by three editions with identical formats in February and May of 1941, and July 1942. Both of the 1941 editions contained professional articles and some advertisements. The July 1942 publication was completely devoted to a comprehensive coverage of the July 1941 convention.

Excerpts From the First Four Newsletters ...

In an item titled "Canadian Apples in War-Time" (February 1940) home economists were recruited to increase the consumption of this fruit. Export trade of apples had decreased, creating a surplus. With information on types, grades, recipes and food values, home economists were charged with increasing consumption from thirty to forty pounds per capita per year. □

The following excerpt, part of a gracious and enticing invitation extended to the membership, appears in the February 1941 *Newsletter*. The event was the second convention of the Canadian Home Economics Association; it was to be held in Victoria, B.C. in July 1941.

> *...in a world where modern efficiency seems to be measured by noise and hurry, Victoria still manages to retain something of the poise and serenity that characterized the cities of a more leisurely age. Visitors respond quickly to the old world charm of the city - which is intensified by its natural setting. The distant Olympic Mountains seem to greet one from every quarter... The sea and country are within easy reach... Our meetings will be held in the Empress Hotel, and one could not find a more attractive place to stay... The rates are: $4.00 for a single room, with bath; $6.00 for a double room (twin beds) with bath.* □

"Help Now!", a piece appearing in the May 1941 issue, described this major contribution to the war effort.

> *The executive of the CHEA has given considerable attention to the idea of having our organization make a definite contribution as a group to some form of war relief for Britain, and the general consensus of opinion is that such a project should be undertaken. ...we have been in touch with the Department of National War Services at Ottawa, and have had the CHEA registered under the War Charities Act, so it is now in order for us to go ahead with the raising of funds.*
>
> *We have in mind the providing of either a mobile canteen or an ambulance, depending upon the amount of money collected. To finance the project, we propose to raffle war savings certificates ... at 25¢ each. Books of tickets will be forwarded to each Provincial Representative for distribution among members.*

This project was successfully accomplished with the purchase of the "Sir William Macdonald Canteen." The name was chosen *"to honor one who might be called the Father of Home Economics in Canada."* According to the general meeting minutes of July 1941, Sir William provided much of the funding at the turn of the century for the founding of homemaking schools in Canada. □

Changes in the Format

The next four newsletters, published in October of 1942 and January, March and May of 1943, were mimeographed on a sheet size of 8 1/2" x 14", and only four to six pages in length. This change was made to cut costs and make it possible to communicate with members more often.

November 1943 marked the return to a typeset, more formal newsletter, 7" x 10" in size and varying from six to eight pages in length. In essence, it combined the style of the first set with the content of the second. This version, published several times a year, contained professional articles and news of the Association and its members. The newsletter continued in this form until June of 1950.

Excerpts From the 1942-45 Newsletters ...

Under "Personal Notes," (October 1942) the loss at sea of one of the charter members was sadly reported. Lorna Faulds Coss was travelling by ship to join her mining engineer husband in British Guiana when the ship was sunk *"somewhere in the Atlantic by enemy action."* She had served as the Ontario representative for CHEA from 1939 to 1941. This short account states in part:

> *During her two years in this office she was an enthusiastic worker and put forth every effort to increase the Ontario membership... We treasure the memory of a brilliant member of our association, a friend whose outstanding qualities and genial personality endeared her to all those with whom she was associated.* □

Readers were mildly admonished in the following statement taken from "Modern Textiles" (January 1943):

> *The war has brought about many changes in the textile market - changes which must amaze the consumer who stops to think about them. Have you realized how little the disruption of trade, the break in importation of German dyes, the switching of labor from textiles to war industries has affected your ability to be attractively and comfortably clothed? Have you realized the effort and energy expended by those investigators in this field of textiles who have kept pace with the changing times? To them and the industries backing them, we owe a great debt.* □

"Dehydration of Vegetables" (March 1943) began with this thought-provoking statement:

> *Many food changes have been brought about by wars. The process of canning was developed at the time of the Napoleonic Wars. During the Civil War, condensed milk was introduced. The First World War introduced evaporated milk. In this war the emphasis is on dehydrated foods.*

The article went on to discuss research advancements and the advantages of transporting dehydrated foods to troops across the ocean. □

The May 1943 newsletter began:

> *With more and more of our members "joining up" we thought you might like to know something about life in the services. So this issue of the newsletter features a message from the women's division of the air force and one from the women in Canada's army. We give three editorial cheers to Squadron Officer Kathleen Jeffs, and Lieutenant Helen Abell for contributing two fine articles appearing in this issue.*

These articles were entitled "Best Foods for Men Who Fly" and "Feeding Canada's Army." Squadron Officer Jeffs' article mentioned that there were eighty dietitians in the RCAF Messing Branch at that time. □

An innovative approach to fees collection was published in November 1944: It is reproduced here exactly as it appeared.

WHERE $$$$$$ GOES

Norah Cherry, our hard working secretary-treasurer, tells us where our money goes. You know—that $2.00 annual, or $30 life membership fees YOU may not have paid yet?

To Collect Fees requires from 10 cents to 26 cents per member (shocking, isn't it!).

The *Newsletter*, for five issues this year, will cost about 45 cents (total) per person.

Expenses of Standing Committees will come to about 35 cents per person.

Expenses of Assoc., notepaper, stamps, secretary, etc., about 40 cents per person.

Remainder is to be set aside toward day when we can employ a permanent executive secretary.

NOW—what about those fees!

A special edition of the newsletter was published in July of 1945, announcing cancellation of the conference planned for August in Winnipeg. This was due to the congestion in railway stations and hotels caused by the return of troops from overseas. □

References and Sources

CHEA Newsletters, 1940-1945.

1946 - 1950 Newsletters in the Post-War Years

Donna Egglestone BSc(HEc), PHEc

The 1946 newsletter articles and committee reports reflect the country's transition into the post-war years, and the Association's continued concern with the welfare of individuals locally, nationally and worldwide. Articles included plans for the July convention, news of local and provincial associations, and a comprehensive submission titled "F.A.O. and the Home Economist," plus a recommended reading list "To Understand F.A.O. and its Work" (January issue). There was continued cooperation with the Wartime Prices and Trade Board as wartime controls were gradually lifted.

Items Reported During 1947 and 1948 ...

The achievement of a long-sought goal was reported in March 1947. The following item appears exactly as printed in the newsletter.

> A DIVISION of Standards? Where have you heard that before? Have you heard it so much that it makes no impression? We actually have one now you know.
>
> Yes, a Division of Standards in the Department of Trade and Commerce was established at the beginning of 1947. This you realize is of great interest to us Home Economists, for we feel that the women of Canada who do the bulk of the family shopping would benefit by increased standardization and labelling to guide them in wise buying. As you undoubtedly remember it is for such a division that one of our resolutions was passed at the annual business meeting at Digby.

This next item, "Radar Range in Electronic Cooking" (May 1947) likely caught the reader's attention.

> *At the National Restaurant Association's 28th Annual Convention in Chicago...demonstrated the use of the radar range in electronic cooking. The food was placed on glass serving dishes and allowed to remain in the oven for a few seconds, time varying with the weight of the food. At the end of the cooking period, dishes were still cool. No special recipes are needed to prepare food for this type of cooking. It may be desirable, for the sake of eye appeal, to brown meats in the ordinary way before cooking them since food does not brown in the radar range. The convention audience found that the food was of excellent flavor and noted that minimum shrinkage occurred.* □

An historical gathering was reported in the May 1947 issue. Fifty women's organizations had gathered in Toronto in April to set up a body *"to provide a channel for Economic Education to all Canadian Women, and at the same time receive recommendations from consumers to maintain and raise the quality of living."* Two CHEA members, Anna Speers and Anna Lewis, were appointed to an interim committee of eighteen members, established *"to consider the organization, financing and planning of programs."* (The October issue contained a comprehensive article on the organization in September of the Canadian Association of Consumers.) □

A note titled "Former Editor with Chatelaine" (October 1947) gave this interesting piece of news:

> *In September, Marie Holmes became the director of Chatelaine Institute and editor of the housekeeping pages. She was the second editor of the Canadian Home Economics Association Newsletter in 1942-43...* □

This next excerpt is from a delightful account titled "Recipes Old and New" (January 1948).

> *Progress in the knowledge of nutrition is nowhere so apparent as in the cooking of vegetables. The Housewife's Friend, 1850, specifies that "when vegetables sink to the bottom of the pot, they are done enough." Soda was added in most cases and a generous amount of salted water. Although the time of cooking seems excessive - one to two hours for cauliflower, two to three hours for dandelions, and one hour for tomatoes and 20 to 40 minutes for peas, one notes with respect that Mrs. Beeton advocates cooking all strong-flavored vegetables uncovered.* □

A new era in fibers was discussed in "Recent Developments in Textiles" (April 1948).

> *The chemical revolution which began with the creation of the new fibers has extended over into the use of chemistry to improve the older fibres. Such improvements have been made possible through the development of a number of new resins and plastics. These impart to the natural fibres desirable qualities which they do not normally possess. Fabrics can be made weatherproof, creaseproof, stainproof, flameproof, mothproof, waterproof, run-resistant and shrink resistant, all without changing their handle or appearance. Many of these finishes will last the lifetime of the material.* □

End of a Decade and an Era

In 1949 we see the first appearance of "Abstracts and Reviews." The *Newsletter* continued to be a pot pourri of information - professional articles on a wide range of topics, congratulations to members for special achievements, sometimes sad notification of the death of a well-known home economist, news of university student clubs, and enticing invitations to conventions (our own and others such as the American Home Economics Association and the Canadian Dietetic Association). Following are excerpts through to June 1950.

Excerpts Through to June 1950...

An item titled "University of British Columbia Fire Destroys Buildings and Equipment" (February 1949) states in part:

> *The Department of Home Economics at the University of British Columbia suffered a staggering loss on the morning of January 28, 1949, when the temporary buildings in which six laboratories and five offices were housed, burned to the ground... The loss that is most difficult to overtake is in printed material and textile samples.* □

A thank-you from the University of British Columbia (April 1949) began with this heart-warming statement:

> *The faculty members of the Department of Home Economics at the University of British Columbia extend to their friends all across Canada most sincere thanks for your prompt response in our time of need. Many of you read of our catastrophe in the newspapers and wrote at once with offers of help. The provincial representatives canvassed the groups in their provinces and the result has been mail of Christmas proportions ever since. Much of the material was put to use at once, some is being catalogued and filed for future use. Thank you all.* □

The excerpt which follows is taken from a detailed account titled "The International Congress of Home Economics at Stockholm 1949" (December 1949); it was written by one of the early members, Ruth Binnie.

> *The International Congress of Home Economics held from August 22nd-27th at Stockholm proved to be one of the most delightful experiences one could have. To begin with, Stockholm is a very beautiful city, built on several islands joined by bridges... Over 600 delegates attended representing many countries including Greece and the new State of Israel... The registration fee of one hundred Kronen ($30.00) besides including admission to all meetings provided for many interesting field trips and several meals. ...people all over the world are giving a very important place to home economics education. While horizons are widened by meeting people of so many nationalities I am made conscious of their common goal, namely that of striving to maintain a happy and peaceful world. Methods of procedure may vary in different countries but all delegates seem to feel that steps towards achievement include: helping ourselves and others to develop well integrated personalities; improving family and community living; and realizing the values of understanding people and their situation so that their needs may be met.* □

CHEA president, Margaret McCready, attended the first regular gathering of home economists for southwestern Ontario in May of 1950. Her warm and glowing report appeared in the June 1950 *Newsletter;* it concluded with this statement:

> *As president of our larger association of home economists, I was reminded how very much our larger and more straggling group needs the stimulation and zeal of the many regional groups within it. Their gatherings and local programmes are really what make it possible for us to have valuable public interest and through that, some influence on a national scale. To the Maritime, and the West, and to all our Home Economics groups who are working together, let me say how much your local work is appreciated by the national executive. Failt-Ye!*
>
> Note: Research into the meaning of the expression Failt-Ye produced the following. From an Irish dictionary, "failte" means "welcome." A gaelic dictionary gives the definitions "welcome" or "salute" or "hail." We leave the translation to you! □

References and Sources

CHEA Newsletters, 1946-1950

The June 1950 *Newsletter* was the last edition published until newsletter production was resumed in the fall of 1975. The *CHE Journal* did double duty during the intervening years.

1975 - 1981 Rebirth and Growth of the Newsletter

Joan Bloxom BHEc, EdDip, PHEc

The first biannual newsletter, published from the national office, was launched with little fanfare in the fall of 1975. It was a one-page, 8 1/2" x 11" typed message, with welcome news of provincial and national conventions, membership statistics, and highlights of the book *Memoirs of an Education Pioneer* by Alice Ravenhill. Nola Wade, Executive Director served as editor.

September 1977 brought a larger format (11 1/2" x 14") and a new stylized look to the publication. Intriguing references to the Calgary Conference (theme "Economic Change ... Chance or Choice?") were interspersed with "dates for the calendar," announcements of university summer sessions, and a call for nominations. The vitality of the association was obvious, and the newsletter provided opportunities for spontaneous communication with its easy, relaxed style.

By 1978 the newsletter had expanded to a two-page layout. There was a new bilingual masthead containing the letters CHEA and ACD'EF (L'Association Canadienne d'Economie Familiale). It had become a frequent publisher of women's issues, varying from labour statistics to a provocative quote from suffragist Nellie McClung: *"Women are going to form a chain, a greater sisterhood than the world has ever known."* Members were encouraged to have their local and provincial associations federate with Councils of Women, as issues such as day care, health and welfare, media watch, and new opportunities for women allowed for common action agendas.

Two items appeared in 1978 concerning women as primary wage earners. Gordon Fairweather, chairman of the Human Rights Commission, was quoted in the February issue as follows: *"...the earnings of fulltime female workers in Canada are approximately 60% of those of fulltime male workers."* The fall issue carried an item quoting Hon. Marc Lalonde, then Minister of State for Federal Provincial Relations. It was a statement concerning the number of single, widowed, divorced or separated women in the work force, ending with: *"These facts explode the myth that all women are secondary wage earners."*

"Operation Alert" reported regularly, and on such issues as the misuse of the term "nutritionist," the manufacture and sale of children's T-shirts with psychologically damaging slogans, and sexual discrimination.

Showing increased reader awareness, the fall 1978 *Newsletter* published a questionnaire regarding the likes and dislikes of the style, graphic work and content of the newsletter. Results reported in the February 1979 issue indicated a high level of satisfaction with the publication.

Metric conversion was often mentioned in association news. The HEIB metric cookbook, A *Collage of Canadian Cooking,* was published in the spring of 1979 and made available to affiliated groups as a fund raiser. An Operation Alert from the Quebec Association resulted in a letter being sent to the minister responsible for metric conversion expressing concern over postponement of metric conversion in food stores.

The May 1980 *Newsletter* marked the end of a series of wise, folksy pieces which had frequently appeared in newsletters past. Who can forget...

> "An expert is someone who knows no more than you, but who has it better organized and uses slides."
> "Living on a budget can be the same as living beyond your means except that you have a record of it."
> "Computers can do more work than people because they never have to stop to answer the phone."

A swift change brought a more high-tech format and layout in the Fall 1980 edition. Bold black typeset, a blocked style, and the prominence of the address of the national office were part of the new visual image. A brisk, efficient style of writing brought to our attention the formation of the CHEA Foundation with the mandate of funding innovative and worthy projects. Highlights of the board meetings were published for the first time. All this excellent information required an impressive, eight-page format. The Operation Alert program, with continued vitality, informed the executive of grass-roots issues as broad as questions on the scientific background of articles on microwave ovens to Project Ploughshares and support of nuclear disarmament.

Human interest stories about members' activities were also prominent, as we noted with pride that Dr. Margaret McCready, Toronto, was appointed a Member of the Order of Canada. Attention authors! All home economists who had published books were asked to participate in a "Book Boutique" at the 1981 Conference in Toronto. Let's celebrate! *The Collage of Canadian Cooking* was a best seller in its first year of publication.

Consistent with the mood of change, the newsletter appeared in the fall of 1981 with a new title - *Rapport* - and another newsletter era began.

References and Sources

CHEA Newsletters, 1975 - 1981.

CHEA newsletter

September, 1975

CHEA ~ ACD'EF NEWSLETTER

September, 1979

Canadian Home Economics Association
L'Association Canadienne D'Economie Familiale

NEWSLETTER

Fall, 1980

CHEA · ACEF

RAPPORT

Fall, 1981

1981 - 1989 The Newsletter Becomes *Rapport*

Carol Blyth BSc(HEc), PHEc

"The CHEA Newsletter this year becomes a quarterly publication with a new look and a new name." So began the introductory statement in the first issue of *Rapport*, Fall 1981.

The new name was chosen by the Publications Committee because it embodied the overall goals of the newsletter for the national organization. The dictionary definition of the word rapport was given as a "sympathetic relationship," followed by the statement:

> *It is hoped that the future newsletters may contribute to increased awareness, dialogue and communication to create the professional "rapport" necessary for future development of the profession. Your involvement and feedback are important.*

The first edition appeared on buff-colored paper with a green masthead. It continued with the "Dates for Your Calendar," begun in earlier editions, and included a report of the conference held in July. A new section entitled "Issues Update" was introduced, and began by addressing a foods and nutrition issue,"The Infant Formula Dilemma - Where Do We Stand?" Home economists were invited to join the highly visible Canadian Dietetic Association's National Nutrition Month campaign, titled "Grab a Bite That's Right."

"Actions Taken" was introduced in the November 1981 issue. The purpose of this column was to provide information to the membership on CHEA leadership decisions taken on their behalf. It appeared regularly until the end of 1985.

The format covered subject matter of interest to all members. "For Your Information," begun in the 70's newsletters, continued to give a pot pourri of information about the Association, its members, the resources and publications available. Conference notices and reports, job openings, and the regular features "Dates for Your Calendar" and "Issues Update" (later called "Issues of the 80's") provided specific information for members.

Board of directors' reports, "Actions Taken," committee activities and finance reports kept readers up to date regarding the many activities of the executive and board. "Across the Country" became a regular feature which highlighted activities and actions of associations from east to west, thus personalizing and publicizing the many affiliates.

Every issue included "Operation Alert" which provided a vehicle for members to react to or speak out on issues of national scope relating to the goals of the Association. An article in the November 1983 *Rapport* summarized the alerts received and actions taken by CHEA. Five had expressed concern about the Playboy channel and pornography in general. Others pertained to nutrition labelling, the use of the words "Home Economics Sale" by Zellers and the Bay in advertising, stereotyping of home economics teachers, and the removal of the spousal tax exemption. Action had been taken by writing to media, government, school board and store officials.

As the International Development Progam grew, its activities were reported in *Rapport* until, in 1985, an International Development newsletter titled *ID Connections* began as a separate entity.

Excerpts from *Rapport*...

This gentle nudge was included under a heading "How CHEA Functions" (November 1981):

> *Although lacking the appeal of a racy novel, or a subtle poem, perusal of the Constitution and By-laws of CHEA does help to understand the Association.* □

A more challenging statement was found under "Benefits of Membership" (May 1982).

> *Becoming a member of CHEA, and staying one, is the greatest assurance one can have of involvement and impact in the national role of home economics in Canada. Until you join CHEA and particularly if you take an active role, you cannot have a national professional perspective.* □

"What is a Professional?" by Irene Davison (part of a panel discussion at the CHEA Conference '86) appeared in the February 1987 issue. It was a topic of interest, since many home economists, like Mrs. Davison, have found careers outside traditional home economics areas. (Mrs. Davison is Vice President of Rainbow Valley Ltd., a popular activity park facility in P.E.I.) This brief excerpt from her address states:

> *I am entitling my contribution to this panel "What will you be doing for the next 15 years?" I recall being a young graduate of the late 50's. The scope of job opportunities was limited to the traditional food, clothing, extension and teaching professions. Never in my wildest fantasies did I dream of being associated with a business that was not related to any one of these areas.*
>
> *Now, active in the tourist industry, I find that a background in home economics (extension services and teaching) has been practical experience for the work I now do.* □

From the beginning, CHEA records reveal how seriously executive members assumed the responsibility of establishing an effective, smooth-functioning organization. This objective was continuously addressed, and is seen again in this statement from "The Strategic Plan of the Canadian Home Economics Association" published in the September 1984 issue. (The final plan was reported in the November 1984 *Rapport*.)

> *The need for a systematic organized approach to planning the future direction of CHEA has been recognized for some time... The process defined by [consultant] Marilyn Kaiser, in response to CHEA's request for a proposal, was to develop a plan which would give CHEA "clarity of purpose that will be reflected in program decisions, public relations, membership campaigns, fund raising activities and outreach communication." The final report of the consultant was forwarded to the executive in late June, 1984 and was considered by the Board of Directors at their July 1984 meeting ... This strategic plan gives a focus and direction for the national organization which will be the basis of action and initiative in the next five years.* □

It seems fitting to conclude the newsletter section with an item about Katharine Middleton. As first newsletter editor, a charter member, and part of the planning committee for the first convention, she played a significant part in our history. An item in the January 1988 *Rapport* reported that part of the bequest to CHEA from her estate would be used for the 50th anniversary publication - the recording of the history she helped to launch in the beginning. □

References and Sources

Rapport, 1981 - 1988

Newsletter Editors

1940-41	Katharine Middleton	Winnipeg
1941-43	Marie Holmes	Toronto
1943-45	Katharine Middleton	Winnipeg
1946	Ruth Binnie	Halifax
1947-48	Ruth Walker	Edmonton
1949-50	Evelyn Booth Auclair	Montreal
1975-89	National Office Staff	Ottawa

"What a humiliation! The home economics department beat us in the race to create life!"

Rapport, January 1988. Reprinted from AHEA, Edmonton Branch newsletter.
Source: 1987 Science Fair, The World Book Annual Science Supplement p. 264

Reflecting Our Professionalism: The Journals

Jottings from the Journals of the 50's

Catherine Ellis BSc(HEc), RD, PHEc

The Journal is the voice of your professional organization, the Canadian Home Economics Association. Through it you speak to the world of what you are doing, as an organization, as individual home economists. It is the main contact between members, holding the Association together as a unit.

These words from Donna M. Baxter, editor of the journal from 1954-59, expressed concisely the role of the *CHE Journal* in the 1950's.

Beginnings

The *Canadian Home Economics Journal* had its beginning in 1950 when the Journalism Committee recommended that the newsletter be changed to a journal format. This followed several years of discussion, going back as far as 1945 when the executive decided that the newsletter would *"continue in its now-established form until such time as it can be expanded into a regular journal."* At that time a compromise was reached, in that it was decided to include abstracts of current literature in the *Newsletter* to keep members current. That didn't seem to be enough though, because the next year an alternate suggestion came from the Ontario representative. She wanted CHEA to publish quarterly digests of research, in addition to the *Newsletter*, for members in her province. Instead of sponsoring a publication for only one province, it was decided to develop the newsletter into a journal.

By 1950 the Association had made arrangements with a Montreal man to serve as production and advertising manager of this new publication. He was to print the journal for a period of five years, four issues per year, at a cost to the Association of fifty cents per member.

Unfortunately the agreement was not very satisfactory and the first issues of the *CHE Journal* came out on a very irregular basis. Volume 1, Number 1 was to be a convention issue, published in October 1950, and edited by Mrs. Evelyn Auclair, former newsletter editor. The date on this issue is November 1950, but it didn't appear until February 1951. Marjorie Guilford, the business manager of the Journal Committee, struggled to get the second and third issues of Volume 1 published, and they appeared in March and June of 1951.

It was becoming evident that the problems with the Montreal publisher could not be resolved to the satisfaction of either party. The help of a lawyer was enlisted and the contract was finally terminated, in November 1951, at considerable expense to the Association.

A second start at publishing the *CHE Journal* was made in January 1952 when the Public Press Limited, of Winnipeg, agreed to print it on a quarterly basis. The *Journal* was off to a fresh start with Mary Hiltz, of Winnipeg, as editor.

Format of the Journal

During the first ten years, the format remained much the same; it was a small publication (7" x 10") with twenty-eight to thirty-two pages per issue. The Journal continued to come out on a quarterly basis, although a motion was made at the annual meeting in 1959 to increase the number of issues to six. This was defeated, mainly due to the cost.

Very little advertising was found in the journals of the 50's, even though it was solicited to help defray the publishing costs. In the late 50's, governments began advertising job openings in the *Journal*, but little revenue was realized from advertising and the Journalism Committee asked CHEA for grants to help cover the printing expenses.

The Articles

The editors had the big task of making the *Journal* interesting to all members by printing articles dealing with all fields of home economics. They had to seek out material for the journals, as seldom were articles voluntarily submitted even though requests were frequently made.

Many excellent and informative articles appeared in the journals of the 1950's. The following sample gives an idea of their depth and scope:

"Mental Health and the Family" (Sept. 1952)
"Why Teach Home Economics in the Schools?" (Dec. 1957)
"Good Taste in the Home" (Sept. 1958)
"Around the World with Canadian Home Economists" (Sept. 1958)
"Challenge of Home Economics Today" (March 1959)

"Canadian Fabrics Foundation Accepts a Challenge" (March 1959)
"Skinfold - A Measure of Obesity" (June 1959)

While research reports were few in the early issues, surveys were reported. One example was "A Study of Food Habits of 4,425 Toronto School Children" (June 1957).

An excellent series on "Careers for Home Economists" (fourteen in all) ran the gamut from teachers and nutritionists to journalists and researchers.

Abstracts and reviews of current literature were included along with book reviews and information about new products on the market.

"Who's Who" was a popular feature in the journals of the 50's. Home economists' achievements were outlined in these very interesting features on successful women in the profession.

Convention issues gave excellent summaries of the speeches and also reported, on pre- and post-conference courses.

The News

The "Provincial News" column kept members informed of activities in other provinces. The "Did You Know" or "About People" section kept members abreast of whereabouts, marriages, births and travels. The activities and business of College Home Economics Clubs were also included. "News from Canada's Capital" advised of positions within the government services, staff changes and new job openings.

In the late 50's the Association's affiliation with the International Federation for Home Economics became more evident, with more international news being reported.

The Business

"The President's Report" was a regular and timely feature of the *Journal*. The pitch for new members was ongoing, as was the concern about keeping existing members (especially homemakers) interested and involved in the Association. Committee reports, financial statements and annual meetings were summarized in the journals, in order to keep the membership informed of activities of the Association.

While the journals of the first ten years were not very large, they were very personable publications which kept the membership in touch with each other, the Association and the profession.

References and Sources

Canadian Home Economics Journal, 1950 - 1959.

Baxter, Donna M. "The Journal - Past, Present and Future," *Canadian Home Economics Journal*, September 1959.

Hiltz, Mary C. "The Development of the CHEA Journal," *Canadian Home Economics Journal*, June 1964.

POST - CONVENTION COURSE

"Family Life Education"

to be held at

Mount Allison University

SACKVILLE, N.B.

July 7th - 11th, 1958

•

WATCH THE MAIL for questionnaire, registration form, and reservations available in Sackville.

Please address all further enquiries to:

MISS RHETA M. INCH
Teachers College Fredericton, N.B.

WORKSHOP LEADERS:

SYLVANUS MILNE DUVALL, Ph.D.
CHICAGO, ILLINOIS
(Professor, Social Science and Religion. George Williams College, Chicago)

EVELYN MILLIS DUVALL, Ph.D.
CHICAGO, ILLINOIS
(Author, lecturer and consultant in marriage and family life)

This famous husband-and-wife team is well qualified to conduct a workshop in family relations. Each is the author of several well-known books and articles on family life education.

CHE Journal, March 1958

The Journal Reflects the 60's

Mary McIntyre BSc(HEc), BEd, MA, RD, PHEc

Was this decade sane, silly, sexy, sophisticated, searching, sounding off - who knows?? But questioning the established systems and addressing the subsequent concerns certainly appeared to be the order of the decade, both in the world and our profession.

The world of the 1960's was shrinking in the wake of technology. Jet travel, advancement in communications, the space race, the transfer of these advances to the consumer market - all were an outgrowth of the emphasis on science and technology. Developing countries were clamoring for help in catching up, and the world was indeed becoming a global community.

In Canada, the pace of life increased, consumer goods became prolific, and people came to expect to purchase them. The *CHE Journal* mirrored many of these happenings.

The Concern for Global Well-Being

Recognition of the global community was reflected in ongoing participation in the International Federation for Home Economics, as well as the intense concern for world hunger. Just one example of this concern was illustrated in the September 1965 issue, which highlighted a Canadian project to raise funds for a centre in Mysore, India to train food technicians. This project was substantially aided by CHEA and the Canadian Dietetic Association.

The Effect of the Technological Explosion

Technology affected many aspects of home economics: food, nutrition, fabrics, equipment and other consumer goods. In "Food Technology in the Sixties" Dr. J. M. Nesbitt of the University of Manitoba explained that food processing was a response to changing markets and more buying power. On the other hand, Doris Anderson of the University of Prince Edward Island pointed out in her article, "Food Pollution," that we must be aware of the effects of both intentional and incidental food additives and contaminants.

The Calgary Home Economics Association reported on its new product dinners. There were regular columns on what was new in food equipment, and ongoing discussions about educating Canadians in light of the advances in science and technology.

The Effect of Sociological Change

The effect of sociological change, apparently a major factor, was the subject of much of the journal content of the 60's. There were articles about the effect of women working outside the home, the need for daycare and nursery schools, the diversity of needs in the housing sector, concerns of an aging population, and the changing roles of men and women in the work place and at home.

The Building of the Association and the Profession

The largest amount of space in the journals was devoted to building the Association, and to questioning the professional preparation, image and performance of home economists in coping with the changes that were occurring in society.

Changes were also occurring in the profession, and these caused some controversy. Dean Helen R. LeBaron of Iowa State University argued in December 1963 that as women enter "men's professions" we must be prepared to accept men in home economics. However, the appointment of male directors at the Universities of British Columbia and Manitoba brought strong objection from Florence H. Howden, a past president of CHEA. In "Men Encroaching Upon Our Profession," published in July 1968, she urged us to *"be more vocal in our anger and dismay at unworthy usurption by men of the administrative positions held by women in home economics."*

In a rebuttal published in the following issue, Susan Bevens suggested that revitalization can take place, and perhaps some home economists were placing themselves on too isolated a plane. She pointed out that we are interested in people, families and communities, and surely this involves men!

The Format

There was little change in format or size in the *Journal* during the 60's, except for bolder type as per technological advance. However, no summary would be complete without mention of the universal difficulty of meeting readers' expectations.

The June 1961 issue contained a reprint of "It's Our Journal" by Mary Hawkins, editor of the American Home Economics Journal. In tabulating reader expectations, the editor discovered that research drew the most comments, indicating readers wished to keep up to date. The "would like to have" category included responses such as more resources and more interrelationships with other disciplines. One reader remarked,*"I think if a little humour were ever printed the paper would burn."* The editor replied, *"We love to risk it, dear reader... Please send some."*

References and Sources

Canadian Home Economics Journal, 1960 - 1969.

Gifts for National Office

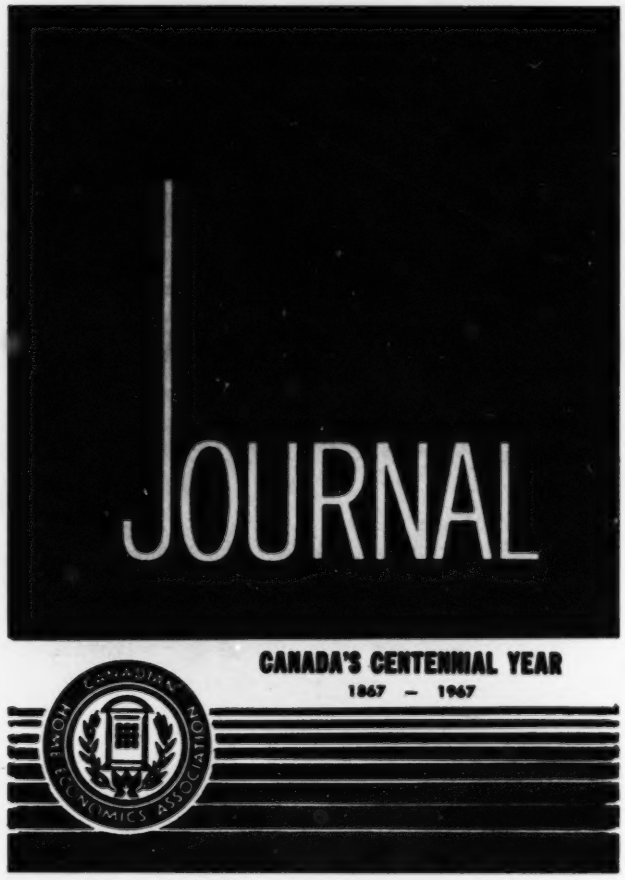
A wall tapestry designed and woven by Mary Sandin from Edmonton Home Economics Association; a cheque for a lamp (which has been purchased) from Manitoba Home Economics Association; a brass eight-day clock from the McCall Corporation, New York; six silver coffee spoons from Mrs. Nellie Welch; a desk pen and four books from Mrs. Jean Whittemore Hearst; a teak-wood tray from Miss Ruth MacIntosh; a set of birds eye maple bookends from Prince Edward Island Home Economics Association; a painting by Miss Marjorie Ellis from Toronto Home Economics Association; "Traditional Ukrainian Cooking" by Savella Stechishin, from Saskatchewan Home Economics Association; a moss-green telephone from the 1960-62 executive; a Silex carafe and warmer from Evelyn Dakin; a silver tea service and tray from Home Economics Section of Ontario Educational Association...

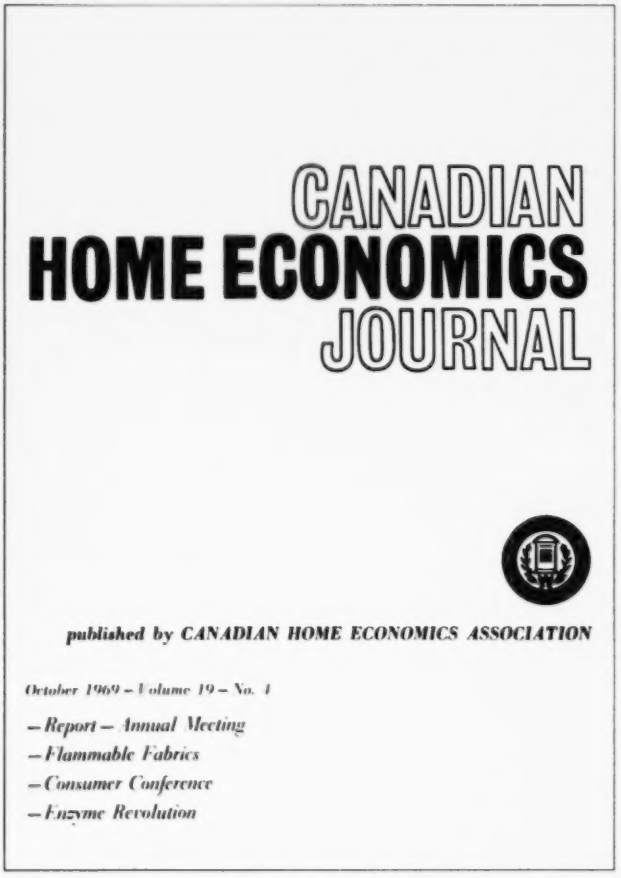
CHE Journal, September 1962

Journal Celebrates CHEA's 25th Anniversary

The entire *Journal* of June 1964 was devoted to CHEA's 25th anniversary. Edited by Bertha Peterson, it was a veritable "homecoming" with a Pageant of Presidents and a lively tribute to Anna Speers and Katharine Middleton, who spearheaded the founding of CHEA in Winnipeg in 1939.

For many, this journal was, no doubt, an opportunity to connect with their roots before "roots" became trendy. The contents of this issue brought alive the history of the Association, especially for those who were lucky enough to have had some of those individuals touch their lives - as students, colleagues, authors, or administrators . . . always as fellow home economists!





Evolution of the Journal in the 70's

Jane Carlyle BSc(HEc), PHEc

Comparing the January 1971 issue with the Autumn 1979 issue of the *CHE Journal*, one is amazed at the dramatic differences between the two, both in physical appearance and content. Yet, reading each issue in between, one can see a smooth transition. The *Journal* grew and developed in both quality and quantity in those years.

For ten years Margaret Smith and Jane Hope of Toronto, Ontario, guided and developed the *Journal*. In 1977, they passed the gauntlet to Edith Down and Betty Mullen in Edmonton, Alberta.

In one of their last commentaries "From the Editor's Desk," the Toronto Editors noted that *"to work on the Journal is interesting and challenging, but very demanding. Especially so if you have a full time job. There seems to be one crisis after another - one cannot 'get into a rut.'"*

Neither journal editors, nor their various feature editors, could ever be accused of getting into a rut. This is evidenced by the progressive development of the publication as it grew through the 70's. During this decade, the journal carried the debate over the identity of the profession and the Association, documented home economists' involvement in the move to metrification, and then turned its focus outward to societal issues which affected the family.

The Profession Was a Major Concern

The first article in the January 1971 issue was Edith Rowles Simpson's address to the 1970 CDA/CHEA Convention. Her comments appeared to open the debate on the identity of the home economics profession which raged on through the 70's.

She challenged CHEA members to change in three ways: first, to find a new name for the profession to replace "home economist"; second, to include men as well as women in the ranks of the profession; and third, to be aware that there was a fund of knowledge unique to our profession and to *"take positive action to acquire this knowledge and interpret this knowledge to others."*

A year later, Wanda Young reported the results of discussions at the 1972 Conference, where members shared thoughts on such topics as image, the role of the Association, code of ethics, registration, and membership. One group discussed "Home Economics - The Name" and concluded that home economics was the best name for the profession.

Numerous articles in the 70's addressed the topic of professional identity. Many were reprints of speeches given at CHEA conferences, others were perspectives provided by outsiders looking at the profession, and some were personal insights such as Jennifer Welsh's "Letter from a Closet Home Economist."

As the profession was struggling for identity, so was the Association coming to terms with its own change and growth. The journal was used as a vehicle to both report on changes or recommendations for change and to solicit response from members. Concern about low membership in the early 70's seems to have been the impetus for the sharp look at the role of the Association and the need for change.

CHEA did begin to change as evidenced in the articles and comments on hiring an executive director, changing the structure of CHEA, and the growth in membership.

In October 1973, May Maskow reported on discussions from the 1972 Conference of the Deans and Directors of University Courses in Canada. Part of the consensus achieved by the Deans and Directors was that CHEA should give leadership in assuming a coordinating role for those concerned with the needs of individuals and families, and therefore give focus to relevant social issues and seek to influence public policy in relation to those needs. This also meant broadening the membership to include a wide variety of educational backgrounds.

This suggestion did not meet with unanimous applause, as illustrated by Barbara MacDougall's vehement reply several issues later. Writing in her role as president of the Alberta Home Economics Association, Mrs. MacDougall was concerned that extending membership to those in related fields threatened home economics as a distinct discipline. She presented a strong argument that CHEA's role was to preserve the identity of home economics rather than dilute it.

Coverage of Subject Matter

Amidst these deliberations on the profession, the *Journal* did provide readers with articles on the various subject areas of home economics.

"Abstracts of Current Literature" was a regular feature throughout the 70's. In each issue, staff members of a university faculty of home economics prepared summaries of articles from current scientific and professional journals.

In the January 1973 issue, Dr. Anne Kernaleguen introduced a new section entitled "Refereed Research." This came about as a result of a recommendation from the Canadian University Teachers of Home Economics (now the Canadian Association for Research in Home Econom-

ics) that the Journal become a refereed journal where research could be published. The first abstracts appeared in the July 1973 issue.

According to a readership survey taken in 1979, the "What's New" feature was one of the most popular items in the journal. Marjorie Elwood initiated this section which, over the years, described an incredible number of new products and services of interest to home economists. Other popular and enduring features included the "Book Reviews," "New Publications and Visuals," and "Happenings."

The Way It Looked

The cover, size, and general format for the Journal remained relatively unchanged from 1971 to 1976. Through that period, the cover design was the same except for a color change with each volume.

In 1977 there was a new cover design, and even more changes in 1978. The dimensions of the magazine were increased slightly and it sported a new two-toned textured cover with "Home Economics" in a repeat pattern which incorporated a maple leaf design. Each issue for that year had a focus for its articles. The subject areas were the elderly, the adult, the adolescent, and the child.

There were even more changes in 1979, when the size was increased and the overall format changed. Since 1979 was the Year of the Child, that became the overall focus. The four themes for the year were The Developing Child, The Relating Child, The Learning Child, and The Special Child. Each issue had an article by a guest editor, who was a professional with expertise related to the particular theme.

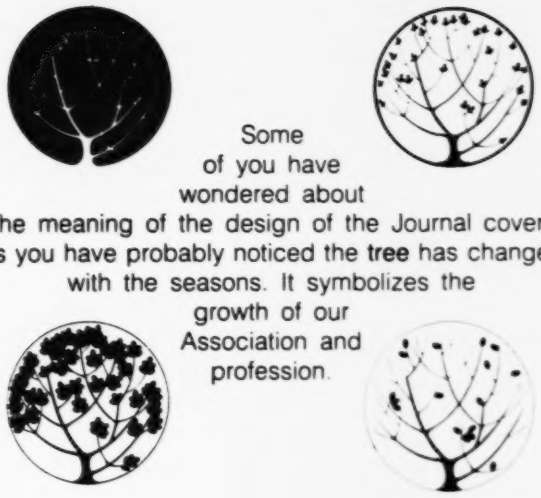
The cover for this volume was dynamic. For each issue the cover changed color to suit the season in which it was released. The design itself was a stylized tree within a circle and, just as the cover color changed, so the tree changed with the seasons.

The tree symbolized *"the growth of our association and profession."* What an appropriate design for a journal which had documented this growth and, as a result, grown in its own right. As it moved into the 80's, the *Canadian Home Economics Journal* was a mature, professional publication.

References and Sources

Canadian Home Economics Journal, 1971-1979.

COVER A MYSTERY?


Some
of you have
wondered about
the meaning of the design of the Journal cover.
As you have probably noticed the tree has changed
with the seasons. It symbolizes the
growth of our
Association and
profession.

CHE Journal, Fall 1979

Chairman or Chairperson?

Confusion often exists about what you or others should call the person who presides over a committee or group. Should it be "chairman" or "chairperson?" The 20th convention of the National Association of Parliamentarians (NAP) in San Francisco passed the following resolution that should help you make a decision:

Whereas, parliamentary law has a language all its own; and

Whereas, in olden times the one presiding was the only person provided with a chair, while others sat on benches, hence he was called the chairman; and

Whereas, no parliamentary law authority or dictionary recognizes the word Chairperson; and

Whereas, since time immemorial the term "MISTER Chairman" or "MADAM Chairman" has always been employed to differentiate between the sexes; and

Whereas, further effort toward sex differentiation is redundant and contrived; now therefore be it

Resolved that organizations and parliamentarians of the NAP must use the term "Chairman" instead of "Chairperson" and be it

Resolved that all NAP members should habitually stress the principle that the word Chairman belongs to the title of the office the same as the title of President or Secretary.

Reprinted from *Journal of Extension*, August 1977
in the *CHE Journal*, July 1978

The Journal Comes of Age in the 80's

Pat Inglis BSc(HEc), PHEc

During the 1980's the *CHE Journal* achieved recognition as a scholarly journal. In the summer of 1986, the Social Sciences and Humanities Research Council of Canada recommended support to the *Journal* through its program of aid to learned journals.

It was noted in the "From the Editors" column that:

> *the objective of this program is to assist in the provision and maintenance of a network of high quality Canadian journals in the social sciences and humanities, through support to the production of individual learned journals which meet the criteria of professional scholarship.*

Three years of funding was received, making it possible for the editors to continue and expand the research section. In the fall 1986 issue, research editor, Phyllis J. Johnson, indicated that the funding allowed the *Journal* to increase the number and quality of submissions, and to publish one theme issue per year with an expanded research section. The first one, on the topic of aging in Canada, was published in summer 1988.

Professional Issues Are Highlighted

Professionalism dominated the themes from 1982 through 1985. Articles in the "Focus" sections of the journal included "Home Economists and Business," "Home Economists Shaping Policy," "Linking With Others," "Managing Careers," "Home Economics: The State of the Art," "Professional Practice," and "How Home Economists Bring About Change - Transforming Institutions, Environments and Values."

During this period, presidents' messages and general articles also frequently dealt with professional issues.

Themes in the last half of the decade focused more on the subject areas in which home economists practice such as the family, the aged, health and education.

Editors Influence the Look and Content

The personality of the *Journal* has been shaped by its editors. During the first part of the decade, Betty Mullen competently served as chairman of the Journal Committee and co-editor of the *Journal*. She resigned in the fall of 1983, ending six years as head of the Edmonton-based editorial committee.

A section devoted to CHEA affairs was started in the winter of 1981. And in the spring of 1982 a series of "On The Job" profiles of home economists was instituted; this is still a regular feature of the journal. The first profile was about Linda MacPhee and the establishment of the MacPhee Workshop, a retail store and teaching enterprise concentrating on outerwear inspired by northern designs.

In the winter of 1984, editorial responsibility moved to Winnipeg under editor Margaret Morton. Two years later the job of editor was taken over by Barbara Baczynsky, when Margaret Morton took a study leave.

During these four years, there were major changes in the look of the *Journal*. In 1984 the section devoted to CHEA affairs was moved from the front to the back of the publication and in 1985 the section was eliminated, with future such articles published in *Rapport* (the CHEA newsletter). That year also saw theme and general articles combined in one section, a redesigned table of contents which included bilingual headings, and new graphics to head regular departments.

In the fall of 1984 an expanded "From the Editors" column was started and in 1985 New Products, Ideas, Trends and Publications sections were combined in a new department called "New Developments."

In the winter 1986 issue, the "Abstracts of Current Literature" department was expanded and a supplementary listing of articles added.

Numbers of Pages and Advertisements Decline

During the 80's, the number of pages in the journal declined from seventy-one in the 1983 summer and fall issues to forty-eight pages in the 1988 summer issue. Advertising also declined, from a peak of seventeen in the summer 1981 issue to one ad in early 1988 issues.

Journal Becomes More Bilingual

During the 1980's the *Journal* has very gradually become more bilingual. "On The Job Profiles (Au Travail)" and presidents' messages appeared in French beginning in 1983, the Table of Contents heading became bilingual in 1984, and some articles have been published in French.

Two editors (Henriette Rochette-Le Hir and Marie Barrette-Orfaly) were appointed, in the winter of 1985, to solicit and edit French texts.

As the 50th anniversary of CHEA approaches, members would have to echo the words of charter member Katharine Middleton who was dubbed the "oldest old-timer" when she wrote about the journal in the Fall 1981 issue: *"May I say how happy I have been to watch its [the Newsletter's] growth and final 'blooming' into a journal."*

References and Sources

Canadian Home Economics Journal, 1980-1988.

Journal Editors

1950	Evelyn Auclair	Montreal
1950-54	Mary Hiltz	Winnipeg
1954-59	Donna Baxter	Winnipeg
1959-62	Helen Janzen	Winnipeg
1962-63	Shirley Weber	Winnipeg
1963-65	Dorothy Hall	Winnipeg
1965-67	Donna Baxter	Winnipeg
1967	Kathleen Watson	Winnipeg
1967-68	Marjorie Elwood	Toronto
1968-69	Margaret Smith	Toronto
1969-70	Jane Simms (Hope)	Toronto
1970-77	Margaret Smith	Toronto
1977-79	Edith Down, Betty Mullen	Edmonton
1979-83	Betty Mullen, assisted by Verna Lefebvre, Jean Wilson	Edmonton
1984-85	Margaret Morton	Winnipeg
1986-87	Barbara Baczynsky	Winnipeg
1988-89	Nancy Scrutton	Amherstburg, Ontario

Prolific Author

Professionalism in home economics was the focus of one of the *Canadian Home Economics Journal's* most prolific authors during the decade of the 80's.

Dr. Eleanore Vaines, faculty member of the School of Home Economics at the University of British Columbia, authored or co-authored no less than a dozen articles for the *Journal* during the first seven years of the decade. Nine were general articles and three were published in the research section.

At the outset in 1980, Vaines was serving a two-year term as chairman of CHEA's Professional Development Committee and her teaching and research were concerned with the subject.

Vaines' topics included a proposal for the definition and organization of professional activities, an historical overview of the Lake Placid Conferences on home economics, the socialization of women into emerging traditional female majority professions such as home economics, the role of the home economist, and influences on a decision to major in the field.

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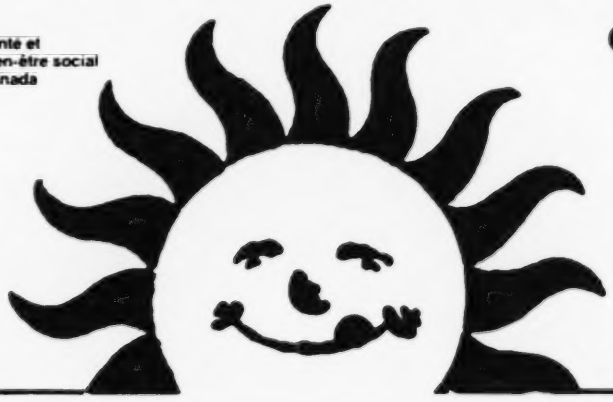


CHE Journal, April 1977

The Rules: Incorporation and Constitution

Donna Horton BSc(HEc), PHEc

At a 1944 executive meeting in Kenora, Ontario, a motion was made to inquire into the matter of obtaining a charter to incorporate CHEA. It was subsequently found not to be feasible due to the high fee ($100) and the fact that the constitution was in the early stages of development and would likely need further revision.

Incorporation continued to be discussed over the next few years, and sub-executive minutes from 1950 report that a lawyer had been consulted. He advised incorporation if the assets of the organization were above $15,000 but unfortunately the association was *"not yet in that happy position."*

In spite of this, there seems to have been good reason for continued interest in pursuing incorporation. There was concern about personal liability, as in the situation that occurred in 1952 when two members signed a contract for a $2,750 settlement with the journal publisher. The following year it was pointed out that the Association needed to be incorporated in order to solicit bequests from members, as otherwise survivors could contest the will.

The Application is Made

Not long after that, application for incorporation of CHEA was made by Mary Adeline Clarke (Toronto), Florence Helena Howden, Annie Isabelle Elliot and Charlotte Scott Black (latter three, Vancouver). A charter was granted on November 2, 1954 under the Companies Act (now the Canada Corporations Act). The bylaws in effect at the time were those passed at the general meeting in Toronto in August of that year. The Association now had a corporate seal and was required to hold annual meetings (until then they had been held biennially).

Changes Have Occurred

Upon incorporation, Letters Patent setting out the purposes and objects of the Association were issued. These remained unchanged until 1975 when Supplementary Letters Patent were granted by the Minister of Consumer and Corporate Affairs to permit the substitution of a new set of aims and goals. The major addition reflected the Association's growing interest in making recommendations to appropriate agencies and levels of government on issues relating to the well-being of individuals and families.

In 1988, additional Supplementary Letters Patent were granted. This revision emphasizes strengthening the home economics profession and provides for support of actions taken by other organizations on issues which are of concern to the membership, but which are not the primary focus of the home economics profession.

The Constitution

From a one-page constitution in 1939 to a multi-paged document in 1989, many similarities are evident. For example, the original "Aims and Objectives" have been reworded and expanded, but similarities remain:

1939: *To promote the welfare of the Canadian home and to serve the community life of Canada.*

1989: *...to strengthen the home economics profession and to actively promote improved quality of life for individuals and families in Canada and the developing world.*

Throughout the years, the constitution has been amended several times to better meet the current needs of the membership and reflect the objectives of the Association. During the developing years (1939-1954) the constitution was expanded and refined as membership categories were defined and revised, executive positions were added, and duties of officers were delineated.

In 1954, with incorporation, came the addition of a Board of Directors and other headings: Auditor, Trust Fund, and Signature and Certification of Documents. Since 1972, constitutional changes illustrate CHEA's concern for influencing government policy and legislation. Changes made in 1988 were aimed at simplifying and consolidating.

And so the evolution continues, in spite of the prediction of the 1952 Constitution Committee Chair, who remarked that *"it is to be expected that at some time this [the constitution] may become fixed, though up to the present, changes have been made frequently as the organization has developed."* Perhaps it is fair to say, from our vantage point thirty-seven years later, that the organization has never stopped developing.

References and Sources

Minutes of Executive and General Meetings, 1940-1954.
CHEA Letters Patent, 1954.
CHEA Supplementary Letters Patent, 1975 and 1988.

Other Rules

A sign on a university bulletin board read, *"Shoes are required to eat in the cafeteria."* Underneath, somebody had scribbled, *"Socks may eat wherever they wish."*

CHEA Newsletter, February 1979

1946 - 48 Executive

Standing (left to right): M. Frances Hucks, Olga Jardine, Mrs. W.L. Oddie, Helen Wilmot, Mrs. W.A. Thomson, Norah Cherry, Charlotte S. Black, Hazel Dunlap, Ruth Binnie, Alice M. Grant.

Seated: Alberta Hastie, Bertha Oxner, Margaret McCready, Mabel Patrick, Doris S. Runciman, Colena R. Nickell.

Photo courtesy of Glenbow Archives, Calgary, Alberta

1977 - 78 Board of Directors

Back row (left to right) Marlene McDonald, Manitoba provincial director (PD); Marilyn Kaiser, Alberta PD and co-chairman CHEA Conference '78; Jane Thompson, British Columbia PD; Eleanor Knox, New Brunswick PD; Margaret Wallace, Quebec PD; Doris Badir, president; Elizabeth Feniak, president-elect; Bonnie Lacroix, Ontario PD; Margaret Pope, past president and awards chairman; Stephanie Charron, nominating committee chair; Barbara Mergl, treasurer; Gertrude Gerlach, life membership and fellow committee chair.

Middle row: Priscilla Mewha, extension committee chair; Barbara Cousens, co-chairman CHEA Conference '78; Catherine Wilson, family life chair; Linda Gracey, Saskatchewan PD; Linda St. Onge, vice president; Francis Innes, co-chairman CHEA Conference '79, Newfoundland; Nola Wade, executive director.

Front row: Anne Kernaleguen, secretary; Isabel Palmeter, Nova Scotia PD; Lorraine Green, foods and nutrition chair; Sister Helen Aboud, education committee chair.

CHEA Structure:
The Quest for Effective National Representation

Faye Forbes Anderson BHEc, PHEc

Administrative Structure 1940
Executive Committee

One provincial representative from each province	President	Secretary-Treasurer	Convenors of Standing Committees

In 1940 the CHEA organizational structure was very straightforward, as shown in the above diagram. In 1941 a vice-president was added, and by 1943, president-elect and past-president were part of the executive committee.

Later, the secretary-treasurer position was split, and the Newfoundland provincial representative was added. Committees changed and more groups affiliated, but the basic organization of the Association remained relatively constant.

During the 70's CHEA began to search for an improved structure. In 1972 the membership approved a new committee to examine structure and *"...hopefully improve existing committee structure."* In 1976 a motion presented to the annual meeting began:

> *Whereas concern for the structure of CHEA was expressed at the Halifax Annual Meeting in 1972 and at every meeting of the Association thereafter... strike a new committee to prepare a new structure...*

In 1977, Ann Harvey, Structure Committee Chairman, introduced a new structure designed to conduct board business more efficiently and productively, increase involvement of members and *"...more truly represent the diversity of expertise in a very generalist profession."* Although the proposal was presented to the annual meeting, no actions were recorded. The following year Ann Harvey reported that *"the committee felt that this association was not ready for major changes, so the committee is suggesting several minor changes."* The changes altered communication lines within CHEA and created the position of provincial director of the Yukon and North West Territories. The resulting structure appeared as shown (facing page, upper half).

In 1980, Past-President Doris Badir chaired a committee to look for alternative structures to achieve more effective *"...grass roots participation and communication throughout all levels of professional organization... "* A new structure based on the committee's report was approved in 1981. But at the 1982 board meeting, Executive Director Diana Smith reviewed feedback following the approval of the structure; after board discussion, the executive was empowered to select a coordinator to facilitate ongoing structures discussion.

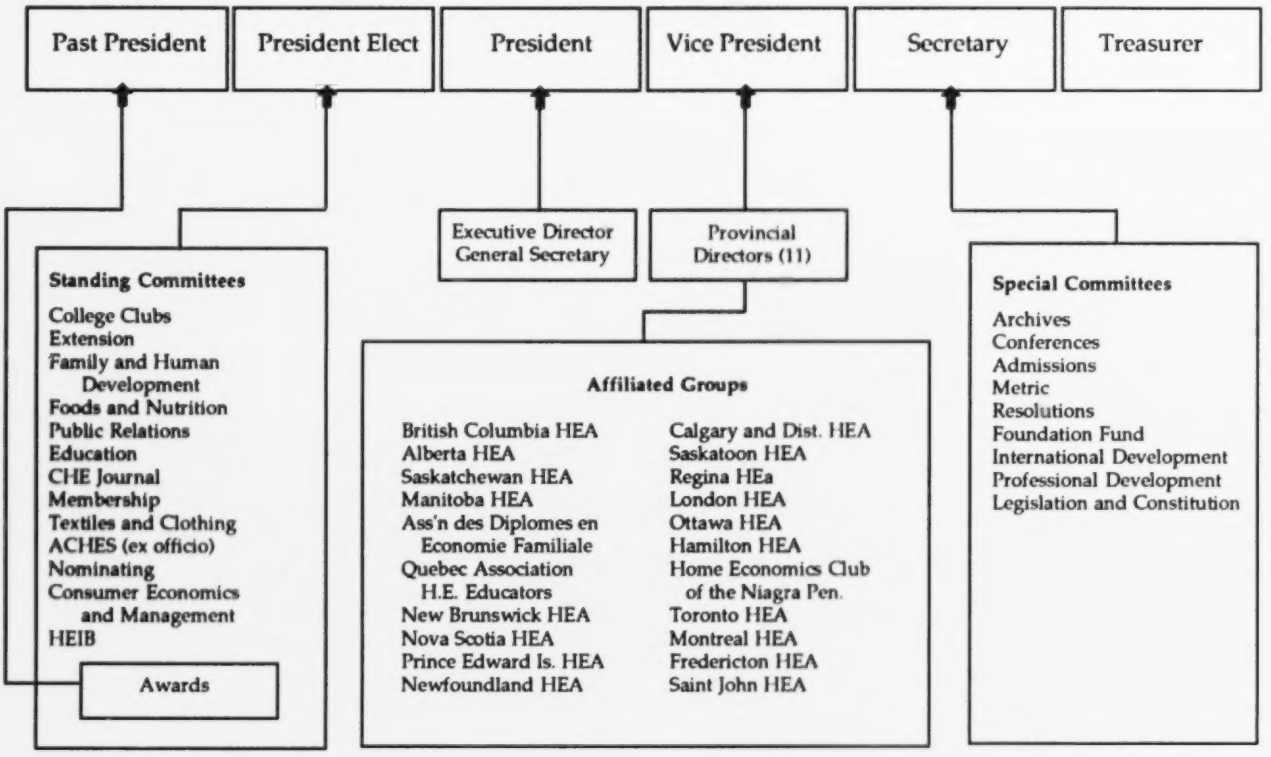
The next Structures Task Force, chaired by Ruth Dyker, presented yet another proposal in 1983. In her report she noted, *"We are, I believe, the fifth structure committee since 1970."* The Task Force report proposed:

- the addition of three vice-presidents: Professional Practice, Professional Development, and Public Affairs, in order to divide the responsibilities of managing the Association.
- reduction in board size by removing standing committee chairmen; chairmen would report to an assigned vice-president.

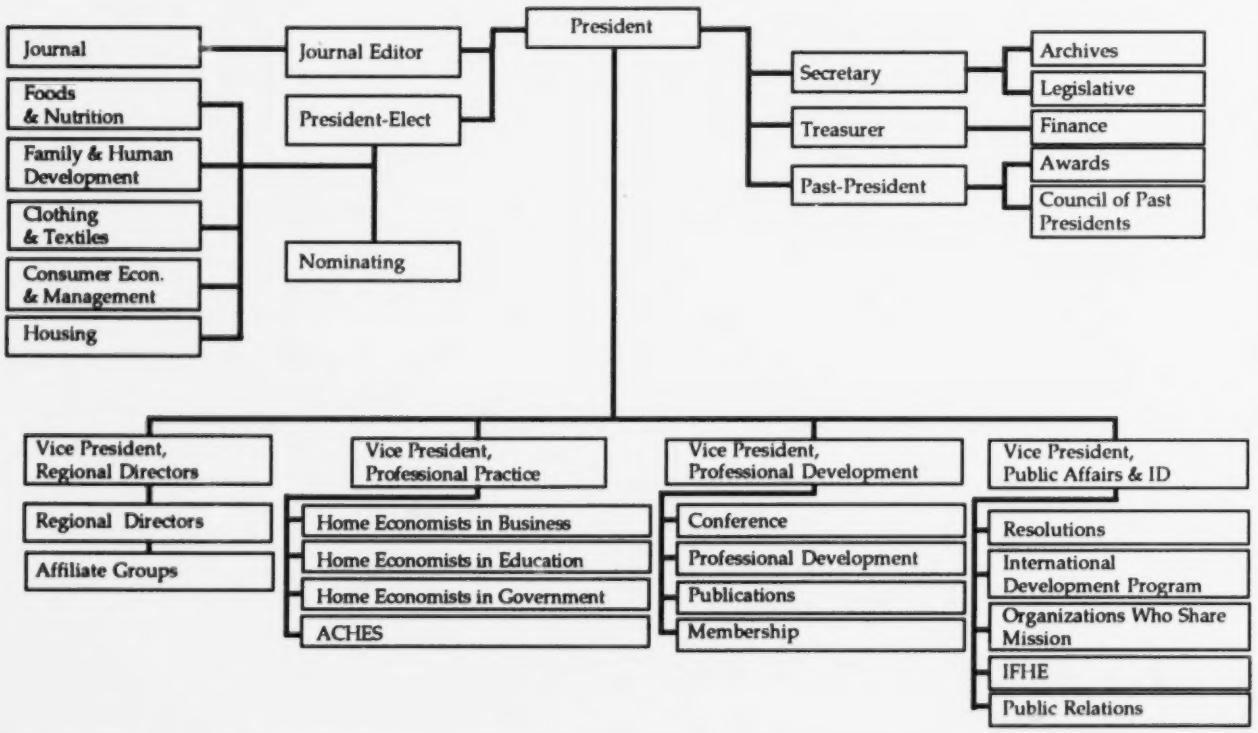
This structure was approved at the 1983 Annual Meeting and remains relatively unchanged at the end of the decade (facing page, lower half).

continued ...

Administrative Structure 1979



Administrative Structure 1988



Compulsory Joint Fee Collection

In 1969, an Amalgamation of Fees Committee under the chairmanship of Carol Blyth, Calgary, commenced investigation of the amalgamation of national, provincial and local fees. But at the annual meeting that year, it was approved that *"...the committee be disbanded at this time, due to the negative interest shown."*

In 1970, *"the possibility of a joint fee structure was discussed and it was suggested that this should be done one province at a time."*

In 1974, CHEA accepted Alberta HEA's offer to test a compulsory joint fee for two years. This meant that members had to belong to all three associations in order to belong to the local. All affiliated groups were invited to participate in the experiment. Since other provinces did not accept the offer, and the joint fee resulted in a reduction of Alberta HEA members, the joint compulsory fee ended after two years.

The isolated issue of a compulsory joint fee disappeared, and home economics associations began to study the broader concept of federation - the integration of local, provincial and national associations.

Federation

Many of us believed that federation was an idea of the 80's, so it may be surprising to learn that CHEA was originally intended to be a federation. The minutes of the 1939 founding meeting show that after the decision on the name Canadian Home Economics Association, discussion followed about *"... what type of organization it should be, and whether membership should be individual or provincial."* The members passed the recommendation:

> *that the organization be set up with the view of having it a federation of provincial groups but until such time as these groups are set up, to have the groups as now organized and also members-at-large.*

The next mention of federation seems to be forty years later. In 1979 Gail Watson, then vice-president, reported: *"Some areas of concern are the set up of affiliation and the affiliates' relationship with CHEA... A federation was seen as a possibility."*

Following discussion of the recommendations from the National Office Review submitted December 1979, the executive was directed to appoint a committee to study ways of providing a federated structure. Under the chairmanship of Doris Badir, the Structure Committee considered four alternatives, including a federated structure. She noted that *"not too much time has been spent developing this idea because...major reorganization of structure at all levels would be required."*

The Strategic Plan presented at the annual meeting in 1984 recommended implementation of a federated structure by 1989, and stated that:

> *a federated structure of membership can bring unity to the profession, reduce unnecessary duplication of services and clarify the roles and responsibilities of each level of the organization to optimize the use of available resources.*

However, the task force appointed in 1984 to investigate this possibility recommended that further study of the issue be postponed until there were strong provincial associations across the country, and registration of the profession.

Renewed interest in federation emerged at the 1985 Conference "Viewpoints" session in which members ranked federation among their top priorities. Members at the annual meeting approved *"...that the CHEA affiliated groups form an ad hoc committee to investigate and develop a federated structure... "* The task force, chaired by Judy Fowler, included "pocket committees" in Calgary, Toronto, and Winnipeg, and participation by representatives across the country. Proposals from the pocket committees were presented at a federation workshop held at the 1986 Conference in Prince Edward Island. A Compromise Committee used these to formulate a structure proposal which was accepted at the 1987 Annual Meeting. To implement federation, Faye Forbes Anderson was elected to chair a task force of representatives from the affiliated groups. Throughout 1987 they refined the federated structure and prepared for the vote on federation. The 1988 annual meeting accepted federation pending approval by the provincial associations and CHEA membership. Based on the results of voting conducted in the spring of 1989,*"...the final decision on federation will be made at the 1989 CHEA Annual General Meeting."*

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"Structures Task Force Report," May/June 1983.
Report of 1985 Alberta Task Force on Federated Structure, March 26, 1985.

Some Things Never Change!

In a 1960 issue of the *Journal*, President Katherine A. Johnson argued for raising the membership fee from the then- current $10. This was necessary because *"we must make the public aware of who we are and what we are trying to do!!"*

Guess When?!?

In what year did each statement appear in CHEA records? Answers are on page 45.

1. *Modern cookbooks make interesting reading with their variety of recipes, clear type and beautiful pictures. Any of us who have tried to write recipes for publication realize that with the rapid growth of research in foods and nutrition, a recipe or method may be outdated on its way to the printers.*

2. *"New Canadians" is a phrase heard everywhere in our country today. What do you know about the laws affecting these people?*

3. *Alarm over the great increases in crime, juvenile delinquency and divorce in Canada has caused thoughtful men and women to enquire why it is that achievements in science and industry, which have improved our standard of material living, have failed to give us happiness and peace of mind.*

4. *CHEA, and home economists in general, have great strengths, strong commitment, and a positive future.*

5. *Should we talk about federation, not affiliation?*

6. *Never have developments along nutritional lines been as dramatic as they are today.*

7. *The present interest in adult education does not mean that there is any less consideration given to the education of young people.*

8. *Today, with an array of products on the market from all corners of the earth, the homemaker is likely to become bewildered and led astray by the extensive advertising and high-pressure salesmanship brought to bear on her.*

9. *The women of today, however, are inclined to be a little intoxicated with the idea of emancipation and want to reach out and study world problems instead of the scene close at hand.*

10. *Saving human lives by antibiotics ... is a familiar story today. But ... the first results of research on canning with antibiotics have been reported only recently... Canners have been searching for some way to sterilize vegetables without high heat. Antibiotics may be the answer.*

11. *Because of the significance of the home in formation of character, a clinician when studying an individual always asks first, not "Where did he go to school?" but "What was this person's family life?"*

12. *In an editorial in the Edmonton Journal it was stated that a local dairyman, asked to test several pats of butter, declared a certain sample high in his list of preferences and nearly fainted when told it was margarine.*

13. *The push-button era is now, and who can appreciate the time and work saved by the use of new push-button household appliances more than the business woman.*

14.

Did you discover that we repeated the July cover on the October issue?
We did!

TOO LATE!!!

15. *In this streamlined age, the up-to-date kitchen is as far removed from that of grandma's days as the car is from the buggy.*

16. *There is no dearth of material on buying, but there is a great need for evaluating it. The home economist should have straightforward information about points not evident on the surface. Given these facts plus her technical knowledge, she will be able to help homemukers analyze value, for values are different for every individual. Getting this information is not easy. It requires working with distributors and with producers.*

17. *Visual aids translate, into concrete form, parts of the curriculum which are inclined to be too theoretical. They arouse and maintain interest in home economics.*

18. *A CHEA committee conducted a study of the baby-sitting situation across Canada and recommended that a course in childcare be included in secondary school curricula.*

Where the Action Is: The Committees

Diane Luke BSc(HEc), MHEc, PHEc

CHEA committees function as active advisors to the board of directors. They investigate and suggest action to the board which then responds to the committees' recommendations. Committees are one way we utilize the expertise of our members and divide the workload of the Association.

As we look at the history of CHEA, we can see how committees have evolved in response to the needs of both the Association and the public.

In the Beginning - The War Years

CHEA was barely two months old when Canada entered the second World War. One of the aims of the new Association was *"to promote the welfare of the Canadian home and to serve the community life of Canada,"* something the fledgling organization took seriously from the beginning. Whether developing standardized knitting patterns, advising on food service for the military, or assisting in salvage work, CHEA was actively involved in issues caused by the war and pertaining to the ongoing welfare of Canadians. The committees researched areas of concern, prepared reports, and offered advice to a number of government departments.

Thirteen standing committees were established at the founding meeting in 1939. At the July 1940 General Meeting the number was reduced to ten when several committees were combined. The decisions made in establishing those early committees proved to be wise, as almost all of them have remained active through the years, sometimes with a change in name or focus. (See chart for a bird's-eye view of committee change and growth over the years.)

By 1942, the committees were engaged in a variety of activities. That year the sub-executive acted as a **War Committee** to deal with issues raised by the war, and to coordinate the war work of the other committees. A consumer branch of the War Committee was established to cooperate with the Wartime Prices and Trade Board. In October of 1942, the **Youth Training Committee** was discontinued, as the government was developing youth training programs designed to prepare employees quickly for expanding industrial needs caused by the war.

Also in 1942, **Textile Committee** Convenor, Marion E. Gibbon, reported a need for better textile labelling and more accurately informed sales personnel. **Nutrition Committee** Convenor, Marion Harlow, reported on a survey studying experiences in the spreading of nutrition information, with a view to planning future areas of emphasis. The **Homemakers Committee**, in 1940, had outlined problems facing homemakers: conservation of surplus materials, budgeting on a limited income, and reconstruction and salvaging of clothing. In 1942, Convenor Mary Kelso Guild outlined a complete study guide which resulted from those concerns. The guide included a campaign against extravagance and waste, food promotion and preservation, and the support of Canadian magazines and periodicals.

A **Reconstruction Committee** was struck in the fall of 1943. This group, which coordinated all standing committees, was to promote the welfare of the Canadian home and to strive to have a higher value placed on family life and on homemaking as a profession. Areas of concern were raising nutritional standards (especially of youth), improving housing, slum clearance, town planning, rural electrification and recreation.

CHEA strove to have trained home economists on all postwar committees pertaining to home life, and in sufficient numbers to have influence.

The Committees Evolve

The **Textile Committee** has had an active history. In 1958 the name was changed to **Textiles and Clothing**, since it more accurately described the committee's activities. Following are some of these activities:

- Members worked with the Consumers Association of Canada to press for better labelling of textiles, standardized sizing, and better-educated sales personnel. As well, they explored opportunities for employment of textiles and clothing graduates, and encouraged universities to include course work that would prepare home economists for these jobs.
- Encouraged the furtherance of Canadian handicrafts by cooperating with the Canadian Handicraft Guild.
- In 1958, with the assistance of the Canadian Fabric Foundation, compiled a chart "Fibre and Fabric Facts."
- In 1962, committee members sat on the Department of Trade and Commerce Committee on Care Labelling.
- In 1972, two members sat on the Standardization of Garment Sizes Committee of the Canadian Government Specifications Board.
- In July, 1981, the committee presented a resolution on flammability of textiles; this was adopted by the membership. In February 1985, recommended upholstery flammability standards to Consumer and Corporate Affairs Canada.

The **Nutrition Committee** (by 1956, called the **Food and Nutrition Committee**) has engaged in a wide variety of activities:

- In 1945, prepared a detailed report on school lunches across Canada.
- In 1947, a comprehensive study reported on the seasonal and regional availability, and price variations, of fruits and vegetables across Canada.
- In 1950, studied the nutrition curriculum and presentation methods in elementary schools, then in 1954, looked at nutrition information being taught in teacher training schools.
- In 1955, in cooperation with the Canadian Dietetic Association (CDA), studied food misinformation in Canada. In 1970, CHEA and CDA worked together again when a joint committee examined proposed regulations for special dietary foods that had been drawn up by the Department of National Health and Welfare in Ottawa, and made suggestions for changes.
- In 1964, was well recognized for its brief on nutritional needs and food habits of the elderly which was presented to the Senate committee on Aging. In 1973, presented a brief regarding action to be taken following the Nutrition Canada Survey.
- In December 1979, made a presentation to Agriculture Canada on "A Food Strategy for Canada." CHEA supported the development of a coordinated comprehensive food policy but expressed concern for the lack of attention to problems of nutritional health, food and nutrition education, and research in areas of food and nutrition.
- In 1979, prepared a position paper on infant feeding. The issue of breastfeeding in Canada and the Third World led to lobbying of Canadian health officials in 1982.
- In September 1982, CHEA endorsed the creation of a Canadian nutrition foundation. In May 1984, the National Institute of Nutrition came into being.

The **Homemakers Committee**, in September 1944, recommended that every student be educated in home economics, that school lunch programs be part of the National Health Campaign, and that pasteurization of milk also be part of that campaign. The committee further recommended that government housing schemes include the services of a trained home economist so that planned houses would be convenient, easy to clean and contain integrated storage.

In November 1950, the Homemakers Committee carried out three projects: an across-Canada babysitting study, a look at curriculum problems in the field of home economics, and promotion of standard cooking terms and measuring equipment.

At the June 1951 Executive Committee meeting, the Homemakers Committee recommended that the committee be discontinued. It was felt that it would be of more use to the Association if the activities of the committee were incorporated into other groups, leaving the homemakers with the choice of their area of interest. The committee was officially discontinued in June 1952.

The **Journalism Committee** was active from the beginning, since the convenor was editor of the newsletter, and later (beginning 1950-1951) editor of the journal. Currently, the journal editor establishes an editorial committee whose task is the annual publication of four issues of the *CHE Journal*. The current **Publications Committee** is not involved in publishing. Its purpose is to conduct an annual review of all CHEA publications to ensure that each is meeting its intended objective, and that consistency and professional quality are maintained.

Three important and active professional practice committees which originated in the early years are covered in separate articles; they are the home economists in business, education and government.

New Committees Formed as Needed

A **Child Development Committee** was established in 1948. This committee became the **Family Life Committee** in 1952 following a pre-conference workshop on family life education. The new committee's concerns included family-centered teaching, studies of household appliances, home economists in community affairs, and family life education in university courses. In 1960, a report "Women in a Changing World" was presented; in 1964, a booklet titled "Employed Mother" was produced. In 1978 the committee name was changed to **Family and Human Development**. A number of position papers were developed, including "Adolescent Pregnancy" (1981) and "Intra-Family Violence" (1982). Barbara MacDougall, Chair, presented a brief to the Frazer Commission on Pornography and Prostitution.

In 1956, a sub-committee of the Family Life Committee was established: **Housing and Household Equipment**. It is now called simply **Housing**, and is a permanent subject area committee.

By 1952, a **Publicity Committee** was formed, later to be replaced by the **Public Relations Committee**. This committee is currently responsible for carrying out general public relations, contacting media, and disseminating information.

The **Awards Committee**, established in 1957, is covered in a separate article, "The Honors: Awards and Scholarships."

In 1958 the **Professional Progress Committee** was set up to study the philosophy of home economics education in relation to the changing family life and sociological patterns of the modern world. In 1961 a sub-committee was

struck to develop a definition of home economics and a description of a home economist. In 1964, the definition was revised. The Professional Progress Committee was not mentioned in the minutes again until 1969, when it was reactivated as the **Professional Development Committee**. The definition of professional development accepted by CHEA is as follows: *"Professional Development is the dimension of home economics which focuses on what the profession is, what it should be, and why it should be practiced in particular ways by qualified home economists."* The committee gives leadership and responds to concerns within the parameters of this definition.

The **Families and the Economy Committee** was formed in the fall of 1977. Its purpose was to offer assistance to government agencies in helping to prepare Canadians for the period following the lifting of wage and price controls. The committee, chaired by Shirley Myers, recommended that a permanent subject area committee titled **Family Economics and Management** be established. This was done at the 1978 Annual Meeting. In 1979 this committee became the **Consumer Economics and Management Committee**. Previously CHEA and the Anti-inflation Board had jointly sponsored a workbook titled *Conversations about Economic Change*. In 1980, the committee developed an "energy idea" book listing available resource materials and community project ideas for energy conservation. In 1982 a study paper and annotated bibliography was prepared about the electronic funds transfer system.

The Special Committees

Special committees were struck as the need arose. The **Metric Committee,** chaired by Wendy Sanford, began in 1975 to provide input related to our field of expertise for the sector committees of the Metric Commission. Their thrust was two-fold, as they also updated CHEA members. Recommendations for metric cooking measures were made, and approved measures were sold in a kit to members. The *Style Guide for Metric Measures* was developed. Other subject matter committees gave input. Mary Humphries represented CHEA on the Public Awareness Committee for Home Sewing. In 1983 fifteen media workshops were held across Canada to encourage the practical and appropriate use of SI metric. The committee continues in a "watch dog" role today.

Special committees also have included grants, structures, finance, archives, resolutions, membership, nominating, and federated structure. Several of these committees have proved so valuable that they continue today. Others disappeared when their task was completed.

The Committees Fifty Years Later

In 1939 the CHEA founders established 13 standing committees. Today there are 21. Many of the originals remain; new ones were added as needed. As committees grew in number and enlarged in scope, reporting lines needed revision. During the 70's there was ongoing discussion as to how CHEA could be reorganized. Then in 1984, after considerable study, the structure was revised and reporting lines for committees were arranged in five areas. (For details, see "CHEA Structure: The Quest for Effective National Representation.")

There is much one could say about CHEA committees. In fact, a history could be written on this subject alone, and no doubt some important activities have been missed in this account.

However, it is evident - committees are where the action is!

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CHEA Policy and Procedures Handbook, June 1984.

Wouldn't You Like To Know More?!?

In the minutes of the sub-executive meeting held on February 9, 1946, it is recorded that: *"Miss Binnie gave her report on the first issue of the newsletter... Some local difficulties regarding the use of cancelled stamps for Newsletters seem to be encountered and Miss Binnie will ask for a ruling from Ottawa on this."* □

We have received permission from the Canadian Passenger Association to use Standard Convention Certificates for travel to and from the convention. These certificates enable one to travel for a fare and one-third plus 25¢. (*CHEA Newsletter*, May 1948) □

'48 in Calgary... Behind the scenes excitement was provided when three members of the head table party for the banquet discovered they were planning to wear the self-same dresses to the event. Even this difficulty was solved by the efficient Mabel Patrick. Unfortunately, records do not show *how* the problem was solved!! □

Reported in the minutes of the July 1941 Executive Meeting - with no further explanation: *"Matrimony interfered with the activities of the Youth Training Committee."* □

CHEA Committees: How we have grown!

1939
Social Services
Nutrition
Textiles
Homemakers
Education
Extension Services
Institutional Management
Commercial
Home Service Experts
Journalism
Constitution
Youth Training
Convention

1940
Nutrition
Textiles
Homemakers
Education
Extension Services
HEWIB
Journalism
Constitution
Youth Training
Nominating

1960
Food and Nutrition
Textiles
Family Life
Education
Extension Services
HEWIB
Journal
Publicity
Recruitment
College Clubs
Convention

1988	
Housing	Subject Area Committees
Consumer Economics and Management	
Food and Nutrition	
Textiles and Clothing	
Family and Human Development	
HEIE	Professional Practice Groups
HEIG	
HEIB	
Professional Development	Professional Development Group
Membership	
Publications	
Conference	
Journal	Public Affairs Group
Public Relations	
Resolutions	
International Development	
Archives	Operational Committees
Awards	
Finance	
Legislative	
Nominating	

The Professional Practice Areas: HEIB, HEIG, HEIE

Home Economists in Business

Lois Arnold BHSc, RPDt

In 1941 a particular group of home economists had a vision. Led by Dorothy Batcheller MacKinnon, these women saw the benefit of becoming organized as a specific group within CHEA. Their goal was to help future business home economists and at the same time benefit from sharing ideas among themselves.

They were originally known as Home Economics Women in Business (HEWIB) and approximately twenty years later changed their designation to Home Economists in Business (HEIB).

As early as 1945, a registry of HEWIBs was proposed, with the intention of providing a central contact for businesses with employment opportunities. Although the project was discussed over the next few years, implementation seems to have been a problem and it is not clear from the minutes whether the registry was ever established.

Centennial Project (1967) Nets $65,000

Canadian HEIBs agreed to prepare and publish a cookbook as a project for Canada's centennial. It was a joint project with Laura Secord Candy Shops and this presented no conflict of interest with any HEIBs' employers. This project demonstrated the extreme cooperation and dedication given freely by HEIB members.

The aim was to produce a quality book and bring maximum return to CHEA, the money to be used for the scholarship fund. This special centennial book contained 350 recipes, all carefully chosen and tested. Special recognition went to Sally Henry and the late Carol Taylor, the co-editors, who also enlisted the help of French editor Lorraine Swirsky.

Dedication and long hours produced a healthy profit as well as a cooperative spirit. Royalties resulting from the book have accrued from the time of publication and have resulted in a profit of over $65,000 for CHEA to date.

A Good Measure of Success

Wendy Sanford, a very active HEIB, represented CHEA on the Metric Commission and worked diligently in this role from the early seventies to 1980. She organized a core committee in Toronto with corresponding members across Canada. The committee identified the capacities of the large and small measures which became the basis of the metric measures for the Canadian Government Standards Bureau and the American National Standards Institute.

Out of this initiative came the opportunity to make money for CHEA through the sale of metric measures to members. Also, two essential reference publications resulted from CHEA's metric involvement: *Style Guide for Metric Recipes* and *Guide to Metric Cookware and Bakeware.*

To help publicize the new metric approach to food preparation, the committee was involved in planning a national workshop for media food writers. The strong business background of the committee, as well as their commitment and leadership, led to the realization of a profit for CHEA of $15,000.

A Collage of Canadian Cooking

In 1976 the HEIB section assisted Canadian consumers to ease into metric cooking. Success with the Laura Secord Cook Book encouraged the cookbook committee to forge ahead. Coordinator Kay Spicer and her volunteers spent hours proofreading and editing recipes submitted by HEIB groups from across Canada. Kay, Noreen Bennett and Margaret Fraser worked with Fred Bird to produce first class photography, the finishing touch to a unique book designed to be an all-metric presentation of a blending of old and new recipes.

What Makes HEIBs Tick?

Business experience tends to make HEIBs effective team players. Although many HEIBs face the special challenge of being employed by competitive companies, they skillfully share ideas and motivate each other without sharing trade secrets. The network of HEIBs across Canada continues to be viable, imparting a special power as well as a particular warmth.

References and Sources

Minutes of CHEA Executive and General Meetings, 1940-1956.
Information supplied by Wendy Sanford, Margaret Thibeaut, Sally Henry and Noreen Bennett.

Clever Marketing!

A teenager saw an advertisement for: "A valuable book, including information every young girl should know before she marries, full instructions and illustrations." She sent for the volume and received - a cookbook.

Home Economists in Government

Barbara Weese BHSc

Home Economists in Government are better known to long-term members as extension home economists. Although the true meaning of extension education is non-formal education, over the years it became synonymous with rural life and departments of agriculture. However, with recent changes in government philosophies and expanded career opportunities, home economists have found themselves employed in many other government sectors. Since everyone was no longer involved in the direct delivery of programs to rural people, it was felt by 1986 that Home Economists in Government (HEIG) was a more accurate name than Extension Committee.

The role of the committee has, however, remained the same. Perhaps its most important function has been to provide an opportunity for networking. Another key role of this group is to update members on methods of effective adult education through conference programs and identification of post-graduate study opportunities.

Development of Judging Standards

An early project of this group was the publication of judging handbooks for baked goods and clothing. Begun in 1942 by Bertha Oxner, this project was a response to the problems that had been experienced because of a lack of standards for judging products at fairs - a situation which was difficult for both entrants and judges.

Prize lists and standards were drawn up, then revised and refined for several years. Eventually, they were ready for printing, and a 1952 report to the executive indicates that 20,000 *Scores for Judging Clothing* had been printed by the Canadian Spool Cotton Company. By April 1953, Swift Canadian had printed 3000 copies of the food scores booklet. Both were distributed to agriculture extension departments and used for well over 20 years; they then formed the basis for revised versions printed by the provincial departments of agriculture.

Other Extension Committee Projects

In 1978, a bilingual brochure, "If You Want to be an Extension Home Economist," was prepared and printed. About the same time, the committee undertook an assessment of the training requirements of extension home economists, and practising professionals were surveyed regarding the adequacy of their training and the services they provided.

This was the time when networking was becoming recognized as important for professionals, and the Extension Committee began to produce its own newsletter and to plan meetings of extension home economists at the CHEA conference. In 1983, extension home economists were surveyed to determine how their needs could be better met. In 1986, job fact sheets were compiled.

The More Things Change, the More They Stay the Same

The old adage - the more things change, the more they stay the same - certainly applies to extension work. In 1945, the Extension Committee drafted a profile of a rural extension home economist and the role she could play. Her objectives were, among others, to develop leadership skills in rural women and girls, promote community goodwill, and conserve the natural resources of the community. These were to be accomplished by undertaking a variety of projects in the areas of clothing, housing, home management, nutrition and family living. As to qualifications, the extension home economist needed a degree, experience in homemaking skills, the ability to make practical application of knowledge, and a desire to keep up to date. She needed to understand rural life (preferably from having experienced it), have common sense and a progressive attitude, like people, be tactful and sincere, and be neat in appearance. A tall order - and except for the need for a rural background, these are as important in 1989 as they were then!

Any home economist with rural extension experience can tell horror stories of stoves that either undercooked or overcooked, misplaced hall keys, and the huge snowdrifts both she and her clients faced. She can talk for days about the incredible high of watching a shy 4H member develop into a self-confident adult, or receiving a testimony from a homemaker now better able to manage her family's resources.

New Challenges

Now that the scope of this group has been broadened to include a variety of other government positions filled by home economists, the repertoire of stories will have a new dimension. Home economists are employed in a wide variety of other government departments, most notably Consumer Affairs and Health and Welfare. There are also those who have nontraditional positions - in Human Resource Departments, film censorship, employment equity, government services (purchasing uniforms) ... and on it goes.

This diversity is undoubtedly a sign of the times, and home economists have the flexibility and background to fit into a variety of government settings. May they experience the same joys and satisfaction in the next fifty years that their extension colleagues have in the past.

References and Sources

CHEA Annual Reports, 1942-1989.
Correspondence (Extension Committee, Home Economists in Government).

Home Economists in Education

Jean McHarg BSc(HEc)

The term Home Economists in Education (HEIE) has been used since 1986 when it was decided to designate all professional practice groups in a manner similar to that used by Home Economists in Business (HEIB). At the 1986 conference in Prince Edward Island, Heather Macdonald and her committee coordinated the first truly all-encompassing meeting where all levels of educators met together and passed a set of operating guidelines for the group.

In The Beginning

However, this was not the first-ever meeting of educators. From the earliest years, CHEA has had an Education Committee. In the early 40's this committee surveyed home economics opportunities from elementary school right through to university and discovered there was much to be done. An early education committee report specifically pointed out that teachers needed better training, their work must reach more students, and there was a need for standardization of textbooks.

Over the next few years, much of the focus was on improving training, and the 1945 report of the Education Committee detailed recommendations regarding requirements for undergraduate training for teachers and extension workers. In her annual report that year, the president of CHEA pointed out that there were many differing opinions as to which were the "must" courses, and she anticipated that the education report would provoke a great deal of discussion. In the same report she lamented the fact that there were not enough home economists to fill positions and stated how important it was that home economics be well-presented in vocational guidance programs because too many young people were *"not informed about the field."*

In the late 40's, a fellowship was established to fund a detailed analysis in the field of home economics education. Grace Duggan (Cook), associate professor in the School of Household Economics, University of Alberta, was selected to do this study. Her report, completed in 1950, identified a significant shift in the main reason that young women were studying home economics. She stated that most students enrolled *"primarily to receive training which they hope will allow them to earn a living in a women's profession"* and only secondarily as a preparation for marriage. Therefore it was recommended that the university place more emphasis on preparation of graduates for a professional career.

In 1950 it was reported that a brief had been presented to the Royal Commission on the National Development in Arts, Letters and Sciences. This brief was *"based on the premise that home economics has a great deal to offer to the cultural development of Canada"* and that home economics services *"cannot be developed to the desired extent without increased facilities for education and training."* It recommended that grants be made available for graduate study and for the establishment and expansion of graduate schools in Canada.

In the early 50's, committee efforts resulted in the compilation of a twenty-page catalogue of films. During that time there were negotiations with the National Film Board regarding production of films related to homemaking; however, the minutes do not indicate whether any were actually made.

Into the 60's and 70's

In the 60's there was again a survey of the courses offered in all provinces. It was reported in 1966 that:

> *home economics educators perceive the need for alerting young people to develop discrimination in the choice of goods and services offered in a constantly changing market supported by pressureful advertising.*

One of the main problems identified in the survey was the *"lack of recognition of the value of the courses."* Another was a *"lack of trained teachers."*

By 1970 there was growing awareness of the importance of consumer education, and the CHEA annual report contained the results of an extensive survey of Canadian university-level courses in consumer education and management.

Throughout the 70's, the Education Committee compiled a list of summer school courses and university enrollment figures, both of which were published yearly in the *CHE Journal*. There was continued emphasis on graduate study, which was encouraged in a series of journal articles prepared by the Education Committee Chairman in the late 70's.

In 1977, it was reported that a new careers brochure had been designed and printed.

By that time, the Education Committee had representation from each province and there was closer liaison because CHEA conferences were by then being held annually. Educators met together at the 1976 conference in Toronto, to give presentations to their fellow teachers and shortly thereafter the first pre-conference workshop, "Computers for Home Economics," took place.

Coming Full Circle in the 80's

As we moved into the 80's, there was growing concern about the trend to downplay the importance of home economics in the schools. Consequently, in 1984 a committee based in British Columbia and Ontario prepared a policy statement and position paper confirming CHEA's support for home economics/family studies as an essential course in the basic education of Canadian students. Although society has changed considerably over the past fifty years, the unique contribution of home economics education is as important now as it was then.

References and Sources

Canadian Home Economics Journal, 1950-1988.
CHEA Annual Reports, 1940-1988.

HOME ECONOMISTS WANTED

for

Montreal Y.W.C.A.—Food Service

This department operates a cafeteria and snack bar and caters to luncheons, teas, etc.

SALARY RANGE
$2,400 - $3,300 per annum

Apply:

DIRECTOR, FOOD SERVICE
1355 Dorchester St. W. Montreal

CHE Journal, March 1954

Help Wanted - Male - Female

DIETITIANS

B.C. CIVIL SERVICE

For various Government Institutions in the Vancouver-New Westminster area. Salary: $250. rising to $305. per month. Must be British subjects, graduate of a recognized school of dietetics, preferably with experience.

Apply to the Personnel Officer:
B.C. CIVIL SERVICE COMMISSION
Essondale, B.C.

CHE Journal, June 1954

BILINGUAL

HOME ECONOMIST

Required by

Department of Fisheries
Montreal, P.Q.

$4,290 - $4,740

The person selected will arrange and carry out demonstrations and lectures on buying, handling, cooking and serving fish and fish products.

Candidates must be university graduates with a degree in Home Economics, Household Economics or Household Science and have several years of related experience.

•

For details, write to

CIVIL SERVICE COMMISSION
OTTAWA

Please ask for Circular 59-824

CHE Journal, December 1959

Public Health Nutritionists

required by

SASK. DEPT. OF PUBLIC HEALTH
VARIOUS HEADQUARTERS

SALARY RANGE: $408 - $496.

REQUIREMENTS: Bachelor's degree in Home Economics with major courses in food and nutrition, completion of dietetic internship, teacher training or graduate course in public health nutrition; to assist regional health officers in developing a nutrition program in organized health regions.

BENEFITS: Three weeks' holiday, three weeks' accumulative sick leave allowance annually with pay, excellent pension and group life insurance plans and other benefits.

APPLICATIONS: Forms and further information available at Public Service Commission, Legislative Bldg., Regina, Sask. Interested persons should refer to File No. c/c 8214.

CHE Journal, December 1963

DIRECTOR EXPERIMENTAL KITCHENS

CHE Journal, July 1971

OVERSEAS OPPORTUNITIES WITH CUSO

CHE Journal, April 1973

FACULTY POSITION

HOME ECONOMICS EDUCATION — CLOTHING

CHE Journal, Summer 1982

What Makes It Work: Membership

Linda Homenick BHEc, BEd, PHEc
Arlene Smith BSc(HEc), BEd, PHEc

Clearly defining membership requirements took several years. At the founding convention an active member was defined as anyone with home economics training. By the general meeting in 1948, the bylaws added that an active member:

> *...shall have a degree from a recognized university with a major in a related field, and in addition, evidence satisfactory to the Executive Committee that through subsequent training or experience, the person has become, in interest and practice, a home economist.*

Provisions for a life membership ($30 fee) and an honorary membership (exceptional service in the interest of home economics) were mentioned in the 1941 minutes. Associate membership qualifications were to be considered later (first included in bylaws in 1950).

Directives to the Constitution Committee and revisions of the various categories were mentioned throughout the minutes of the next several years. By 1954, when the Association was incorporated, the constitution had undergone minor changes that refined the categories.

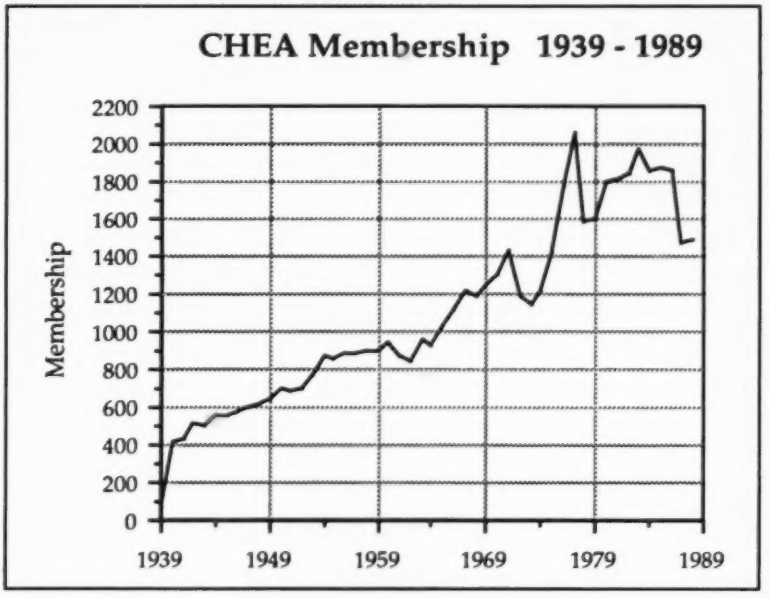
More recent changes have included the addition of several membership categories - reserve (1974), student (1974) and affiliate (1985). There have been several changes to the associate membership description, and life membership was eliminated in 1987-88 because revenue from these one-time fees did not cover the costs of servicing life members each year.

The challenge has always been how to increase membership. Doris A. Runciman, in the President's Report of 1946, lamented:

> *How are we going to increase our membership? We should make our association mean so much to those in the profession that every home economist would feel that she could not afford to be without affiliation. We have yet to reach many home economists actively engaged in the field who are not members.*

Over the years a variety of approaches have been tried to promote membership in CHEA: the 1979 Incentive Award (a one-year free membership given to a student), the 1983 "Partners" portable display, and 1987's "Operation Sign-up" which granted a ten percent discount on a membership for sponsoring a new member. In retrospect, some things never change.

> *The potential for greater impact and action... must come from all home economists, from the development of a strong link of professionals whose common goals are obvious to themselves and others...*
>
> Diana M. Smith, Executive Director
> *Rapport*, November 1981



Year	Total Membership	Fees for Active Member
1989	1318	$140
1979	1593	$50
1969	1236	$15
1959	903	$10
1949	609	$2
1939	71	$1

References and Sources

Minutes of CHEA General and Annual Meetings.
CHEA Constitutions.
President's Report, 1946.

1945-46 Sub-executive*

Left to right: Miss Ruth Binnie; Miss Hazel Stearns, vice president; Mrs. J.R. Bell; Miss Doris Runciman, president; Miss Hazel McMullen, secretary-treasurer; Miss Hazel Dunlap.

***In 1946, the full governing body of CHEA was known as the executive; the officers made up the sub-executive.**

TRUE STORY

Dear Editor:

I didn't receive a copy of the *Newsletter* for February. I would like very much to see it as I did have a bit of work in helping get it edited. Hope you have a copy you can mail to me by return.

Thanks,

Yours,

NORMA WHITE.

P.S.—Just found out why I didn't get my copy. **I haven't paid my fees.**

Have you? Let's get them in and not miss another of our masterpieces!

P.P.S.—There are now only 234 ex-members missing.

Newsletter, March 1947

Answers to "Guess When?!?" (p. 35)

1. 1948	6. 1941	11. 1942	16. 1939
2. 1948	7. 1939	12. 1947	17. 1941
3. 1948	8. 1939	13. 1948	18. 1950
4. 1985	9. 1939	14. 1975	
5. 1951	10. 1950	15. 1939	

Were you surprised?
We can assure there are no typographical errors in these dates!

BARGAIN IN FEES

At the Digby Conference a motion was passed stating that for this year **only**, fees in arrears be waived. Members whose fees are in arrears can be reinstated and be in good standing by paying only the current year's fees.

Send your 1946-47 fees at once to your Provincial representative. $2.00 PLEASE.

Some Things Never Change!

Several persons will be greatly affected when I retire from the office -

1. *our postman*
2. *our nearest branch post office*
3. *my family, who may find me with some time to devote exclusively to their activities*
4. *I, who will no longer have an excellent excuse for not doing many things*

From the report of Miss C. S. Black, secretary, at the completion of her term, July 1941.

Our Headquarters: The National Office

Ellen Boynton BHSc

In the early years, the business administration of the Association was handled by the executive members, but this became more and more difficult as CHEA grew. By 1945, the need for experienced stenographic assistance became evident. President Frances McKay reported in the *CHEA Newsletter* that year that the Association would have to be prepared to finance such assistance or it would be *"difficult to find members to take on the increased work of the offices."*

In 1948, the general membership agreed to provide paid assistance for the treasurer and, in 1950, to the president.

In the meantime, steps had been taken to resolve the difficulties of fee collection. Initially, fees were collected by the provincial representatives, but it soon became apparent that a centralized system was required. In 1950, Mrs. Dorothy Hogg was engaged to centralize membership records and collect fees for a yearly honorarium of $300. She continued to do so until the national office was opened eleven years later.

In 1951, a motion was made to establish a finance committee to investigate ways of increasing income so it would be possible to establish a central office with a permanent secretary. At the general meeting in 1954, this committee recommended opening a permanent office as soon as possible after the next annual meeting.

However, it was not until June 1959 that the wheels were really put into motion. At that time the finance committee, under the chairmanship of Gertrude Gerlach, CHEA president-elect, was instructed to set up an office in Ottawa by the end of the fiscal year. Because some members of her committee would, no doubt, be in Ottawa for the next number of years, it was felt that this was the time to take action. An amount of $3,500 from the general fund was designated for the establishment of the permanent office.

The Facilities

A conveniently located office was rented at 78 Sparks Street, in March 1960, at the rate of $50 per month. Basic office equipment and supplies were purchased; additional furnishings and decorative articles were donated by many of the affiliated groups.

In 1966 the office was moved to 151 Slater Street, where we are today. Over the years, there have been several moves within the building to accommodate changing space requirements and to provide an opportunity for sharing mailing and copying facilities with other tenants of the building. Interestingly, in 1986 we moved back to where we started - room 901.

In keeping with advances in technology, equipment was purchased in the early 80's to allow for word processing and membership data maintenance. In 1987, all membership information was transferred to a more fully computerized system.

The Staff

During the first year of operating the national office, two people briefly held the position of general secretary. Then in April of 1961, Mrs. Jean Bradshaw was hired, and remained with CHEA until her retirement in 1979. To quote a past president, *"Without the untiring efforts of our general secretary, Mrs. Jean Bradshaw, a great deal of much-needed continuity would be missing. With cheerful efficiency, Jean provides us with the information that is required and facilitates the smooth running of this organization."*

In the 70's, there was a feeling that the work of the Association would be greatly enhanced by the addition of an executive director. After investigation of this, the board hired Nola Wade as executive director for a two-year pilot project. When this ended in 1976, it was recommended that the position be made permanent.

In 1983, there were three full-time staff as well as part-time support. By late 1986, financial constraints had made it necessary to reduce the staff to an administrative secretary, part-time support, and an executive director for two days a week (increased to three days in 1988).

When CHEA obtained government funding in 1983 for international development work, an international development officer and secretary were hired for the International Development Program. In 1988 funding was obtained for a part-time development education officer.

CHEA National Office Staff, Fall 1988

Standing (left to right): Maryse Martin, executive secretary; Jean Boyd, international development secretary/bookkeeper; Pat Ulrich, development education officer; Rosemary Zak, international development officer. Seated: Ellen Boynton, executive director.

References and Sources

CHEA Annual Reports, 1940-1988.
Minutes of Executive and Board of Directors Meetings, 1940-1978.
"CHEA National Office," *Canadian Home Economics Journal*, Spring 1979.

Some things never change...

Members are important.

We all realize, however, that in the final analysis, the success of the venture rests largely with each individual member.

Message from President Jessie L. McLenaghen
CHEA Newsletter, February 1941

CHEA has dedicated volunteers.

Home economists are women with full-time jobs. Work for the Association is usually done over and above an already busy schedule. Report of President Frances McKay
CHEA Newsletter, September 1944

It sounds like a rather heavy routine to thrust on voluntary workers, and it is. I realize more and more how much our Association owes to its elected officers... Could it possibly be fun to be so involved, or busy involving other home economists? Well, so far, except for the pangs caused by our sins of omission, I think there has been a sense of well-being in our sub-executive meetings. We eat jumbo peanuts instead of the utterly delicious Calgary chocolates recommended by Miss Patrick. We should know which is better fuel for us by the time of our first executive meeting...

Message from President Margaret McCready
CHEA Newsletter, February 1949

The amount of volunteer time and expertise which is committed to the national organization is large.

Rapport, November 1983

Fee increases are controversial.

At the 1950 General Meeting there was considerable discussion about raising the membership fee from $2.00 to either $3.00 or $5.00. The fee increase was defeated that year by a margin of 3 votes.

Those opposed said:

- It would mean a loss of members, especially the homemakers.
- An increase was unnecessary in view of the financial statement.
- Members would not feel they could join the two associations (CHEA and the Canadian Dietetic Association).

Those in favor argued that:

- Members have attained a certain amount of prestige and funds should be available for travelling, etc.
- Most organizations pay higher fees; dietitians were mentioned in particular.
- There was a need to provide secretarial service, office furniture and a journal.
- If the Association is worthwhile, members should be willing to pay for services.

And some things do!

Conference fees go up.

1952	$3.00
1962	$7.50
1989	$305.00

Policies evolve.

The President reported that the Wine Institute is always anxious to serve wine at the convention reception or banquet. She asked if the directors would like to make a recommendation of the policy which should be followed by CHEA in accepting this. Miss Henry suggested that there was a beneficial social aspect to a reception preceding a banquet. Miss Binnie remarked that if there is a reception before the annual banquet, the exhibitors be requested not to hold private parties at that time. It was the general feeling that there need be no policy set but that the decision be made each year by the executive according to the customs of the province.

From the board meeting minutes, July 1960

Budgets increase.

1944-45	$750
1984-85	$154,000

Society changes.

We are all familiar with changes in modern living which impose greater demands on the homemaking skills and personal relations abilities of young women. Industrialization, urbanization, suburbanization, working mothers, commuting fathers, increased incomes, and higher standards and scales of living, the family's shift from a producing to a consuming unit, the interchanging roles of family members, automation in the household, speed of communication and travel - there is an endless list of changes in modern living which deeply affect family life. Sociologists tell us that the only thing we can be sure about tomorrow is that it will be different.

From article by Helen Finnegan
CHE Journal, March 1961

Shaping Public Policy: Fulfilling an Aim

Kathy Deyell BHEc, PHEc
Carol Whiteside BSc(HEc), PHEc

Present-day CHEA members may think that the Association's concern about shaping public policy is unique to the 80's. However, in the earliest days, members were reminded by President Jessie McLenaghen that *"the success of an association lies in its contribution to the life of its times. Any organization that does not have altruistic service as its goal falls short of complete fulfilment."* Over the years, CHEA *has* made a contribution. Here are some highlights:

1941 Endorsed a proposal to the federal department of health to establish Canadian food values and an efficient meals program.

1941 Advocated that the Department of Agriculture legislate a simpler food grading system, regrading of fruit removed from storage, extension of meat grading to include all fresh meats, and pasteurization of milk in all provinces.

1941 Recommended establishment of a permanent National Bureau of Textile Testing and Research to serve the Canadian consuming public.

1943 Recommended home economics instruction be given to both boys and girls.

1943 Recommended fiber content and care labelling for piece goods and made-up garments.

1943 Undertook Canada-wide dietary survey of CHEA members at request of Nutrition Services Department, Pensions and National Health. The survey was to calculate impact of rationing and shortages, in order to facilitate estimation of food needs of our country and to estimate what Canada could do to help rehabilitate Europe.

1944 Urged provincial departments of education to stress school lunch programs.

1945 Cooperated with other organizations to campaign for wage equity for men and women doing similar work. (Forty-four years later and it isn't perfect yet!)

1946 Went right to the top! CHEA wrote to the Right Honorable William Lyon MacKenzie King requesting the establishment of a permanent division in a federal government department to deal with standardization of food containers, sizes of clothing for adults and children, labelling of garments, household textiles and yard goods, and the grading of all foods.

1946 Sent a resolution to all Canadian provincial premiers on compulsory pasteurization of milk.

1946 Asked the Ministers of Agriculture and Health to encourage the use of whole wheat flour through a public education campaign.

1949 Presented brief to Royal Commission on the National Development in Arts, Letters and Sciences regarding what home economics has to offer to the cultural development of Canada.

1950 Recommended standard set of abbreviations for teaspoon and tablespoon: "tsp." and "Tbsp."

1950 Recommended standard sizes for baking utensils.

1950 Recommended Department of National Health and Welfare prepare nutrition information for elementary school teachers.

1952 Studied need for a Canadian Bureau of Home Economics to coordinate existing information, do research and testing, promote standardization of certain staple Canadian goods, provide consumer consulting service, and disseminate information. After much effort and research, the idea was abandoned due to lack of government support and funding.

1952 Recommended, to government, a campaign to sponsor Canadian textiles to counter effect of foreign goods.

1952 Was represented on the Canadian Council on Nutrition which recommended a study of sources of Vitamin C in Canadian diets, rewriting of Canadian Dietary Standards, further study into fluoridation of water (medical and toxic aspects), weight/height/age survey in Canada, and a booklet on Canada's Food Rules, *"Healthful Eating."*

1953 Assisted National Standards Committee in labelling of textiles.

1962 Prepared a survey and report on nutrition and heart disease and the power of good nutrition - long before everyone jumped on the bandwagon of "a healthy heart."

1962-64 Researched labelling of textiles and clothing from a consumer's viewpoint, as opposed to that of the manufacturer.

1964 Was concerned with "The Employed Mother" and prepared a booklet on the issues.

1966 Supported the addition of Vitamin D to milk in Canada.

1968 Conducted a national survey to determine the status of nursery schools and day care centers in Canada.

1972 Was concerned with the status of consumer education in schools and universities, and lobbied for this addition to curricula.

1974 Had input to a brief to UNESCO, "A World Survey of Home and Family Education Within Formal Education."

CHEA responded to government papers such as:

- A Food Strategy for Canada (1978)
- Economic Council of Canada Reference on Regulation: Towards a Research Policy (1979)
- Nutrition Labelling (1983)
- Pensions, presented to the Parliamentary Task Force on Pension Reform (1983)
- Frazer Commission on Pornography and Prostitution (1984)
- Child Care, presented to Federal Task Force on Child Care (1984)
- Child and Elderly Benefits and Training Consultation Papers (1985)
- Divorce Mediation (1987)
- Canada Pension Plan (1988)

Over the years, CHEA members have liaised with many other professional associations and organizations, attended conferences across Canada and around the world, prepared briefs and reports to indicate our concern for the welfare of individuals and families. By working with other professional groups who are concerned with the family, we have been able to produce a synergistic effect on the issues at hand.

CHEA has provided input into national decision-making through representation to organizations and committees such as the Association of Scientific Engineering and Technological Community of Canada, Institute of Textile Science, Children's Sleepwear Advisory Board, and Canadian Science Committee on Food and Nutrition.

The Association has at times endorsed other agencies and projects, including Nutrition Foundation of Canada (1982), the development of Canada's position at the United Nations (1984), End of Decade of Women Conference (1984) and the National Inquiry on Homelessness in Canada (1988) conducted by the Canadian Council on Social Development.

We often began our research with a survey of our own members' views on critical issues; this kept us up to date or ahead of the concern and prepared us to contribute to public inquiries and commissions.

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A Valid Viewpoint - Then and Now

One of the greatest hazards we have to face today is the mass of information of various kinds, of facts and propaganda, which are literally pouring in on us from every side. The radio blares it at us, hour after hour, day in and day out. Newspapers, books, magazines, pamphlets and innumerable kinds of literature give it to us. We get it at the movies; from the platform and from a dozen other places....Some of this information is true; some false. Much of it is good; much is not. But we must beware, because very often it is handed to us in an insidious form, and it is persuasive and convincing.

The only way we can preserve our independence of approach, the only way we can form opinions that will be of any value either to ourselves or to those whose thinking we may influence, is to find out the source of the information, to get reliable viewpoints and to study the matter carefully, so that whether the question be political or social, or economic, or spiritual, we can evaluate it as we should and having done this, we can take the stand which we believe to be right...Never in the history of the world have we stood so in need of well-balanced, rational, unbiased leadership.

From address by Helen Guiton, Principal, Cote's des Neiges School, at a tea to honor graduating class of Macdonald College, McGill University. *CHEA Newsletter*, April 1950

The Honors: Awards and Scholarships

Gertrude Gerlach BA(HEc)

Many professional organizations, soon after their formation, show their appreciation to members by offering some type of honorary award for worthy contribution to the profession or to the organization. After being firmly established for some years, these same organizations look toward encouraging improvement of the standard of that profession, by offering scholarships. And so it has been with the Canadian Home Economics Association.

Awards Committee

During CHEA's early years, the nomination and selection of an "honorary member" was usually made by the unanimous vote of the executive. Then, in 1956 the decision was made to establish an awards committee to investigate the fields of awards available, nationally and provincially, in the area of home economics study and research, and to establish an awards fund within CHEA. In 1962 the committee was enlarged and given expanded and well-delineated terms of reference. Then, at the 1963 Annual Meeting, it was established as a permanent standing committee of CHEA. The Awards Selection Committee, as it was called, received applications for scholarships and bursaries, as well as recommendations for Honor Awards. It recommended award recipients to the board of directors, which then made the final decision.

Since the original terms of reference were established, some changes and additions have been necessary. In 1967 CHEA received a request from a commercial company, interested in offering an award related to home economics activities, for assistance in evaluating applications for such an award. At its annual meeting that same year, CHEA agreed that its Awards Committee be made available to industry for selecting winners of industry scholarships, bursaries and awards. At the 1975 CHEA Annual Meeting, the terms of reference were expanded to include nominating outstanding CHEA members for honorary degrees or national honors.

The Awards Selection Committee, established in 1963, is currently (1989) called the Awards Committee.

The Awards

Honorary Members

At the 1941 CHEA annual meeting in Victoria, two years after the Association was formed, a motion was passed: *"that provision be made for honorary members, but that such members be limited to those doing exceptional service in the interest of the Association, and have the unanimous vote of the executive."* At that same 1941 meeting, a motion was passed *"that Miss Alice Ravenhill of Victoria be made the first honorary member of CHEA, and that the presentation be made at the closing banquet."*

At the 1948 Conference the amended Constitution read: *"By unanimous vote of the Executive, exceptional service in the interests of home economics may be recognized by honorary membership."* Thus, service to the association was changed to service to the profession. From 1941 to 1958 seven individuals, including two who were not home economists, received this award. It was not awarded again until 1976 when Mrs. Jean Bradshaw was made an honorary member for her valuable contribution to the Association. By that time, Mrs. Bradshaw had been general secretary for CHEA for fifteen years, with full responsibility for the business operation of the National Office during that period.

The constitution amended in 1988 states that:

> *honorary membership is granted by unanimous vote of the board of directors from time to time to distinguished individuals who have made noteworthy contributions to some aspect of the profession of home economics but are not eligible to be members of the association. Honorary members may attend meetings but shall have no voting privileges nor be eligible for elective or appointive office; they do not pay membership fees.*

Honor Award Established

At the CHEA Annual Meeting of 1959, a motion was passed unanimously that:

> *an award be given to a CHEA member in recognition of outstanding contribution to the Association over a period of years; that the award take the form of a special honorary life membership; that recommendation for such an award be made by the Awards Committee and submitted to the Board of Directors for approval; and that the presentation take the form of an appropriate certificate to be presented at the time of the CHEA Convention.*

Whereas the Honorary Membership recognized exceptional service in the interest of the Association, and then, exceptional service in the interests of home economics, and could be granted to both CHEA members and non-members, the new Honor Award recognized members for outstanding contribution to the Association and was granted to members only. The first Honor Award was granted in 1960 to Mabel Patrick, a charter member and past president. A presentation was made, based on the above criteria every two years following until 1978. At the 1979 Annual Meeting the criteria were revised so that the award would *"honor a member for outstanding leadership and service to the Association and/or the profession of home economics over a period of years."* The 1988 amended constitution adds this statement: *"Honor Award winners continue to pay membership fees, and have the privileges of the membership category in which they qualify."* The Honorary Life Membership is no longer a part of the award.

The Honor Award is considered CHEA's most prestigious award. It recognizes qualities of integrity, scholarship, breadth of knowledge, experience, leadership, and service to the community.

Anna Speers (left) and Katharine Middleton receive Honor Award.
Marjorie Kennish in background. July 1964.

The CHEA Scholarships

Part of the mandate of the 1956 Awards Committee was to set up an awards fund. At the 1962 Annual Meeting, with the anticipated 1964 celebration of the 25th anniversary of CHEA in mind, motions were passed to establish the Silver Jubilee Scholarship for post-graduate study in matters related to the objectives of the Association, and to set up a Jubilee Fund Raising Committee. This committee was appointed by the executive to raise additional moneys by approaching individuals, associations, companies, foundations, councils, or by any other means.

After the sudden and unfortunate death of a valued member and past president, Mary A. Clarke, a second scholarship was established in her memory. Miss Clarke died at the close of the 1962 Convention in Ottawa.

At the 1963 Annual Meeting a scholarship fund was set up to handle contributions for both scholarships. Requirements of the Department of National Revenue were met to make donations income tax deductible. The two scholarships have the same criteria. They are awarded to a graduate in home economics who is a Canadian citizen or a landed immigrant and who is undertaking graduate study proceeding to a higher academic degree. The award is based on scholarship, personal qualities, past and/or potential contributions to the profession of home economics, and financial considerations.

Scholarship Fund Raising

As a follow-up to the 1962 recommendations regarding fund raising, three projects were undertaken during the next few years.

1. Scholarship fund drive: In 1963 letters of appeal were sent to 9,500 home economics graduates of all Canadian universities and to all others engaged in the field of home economics.
2. Laura Secord Cook Book: See HEIB article for details of this centennial project.
3. Appeal to industry: In 1969 a brochure was prepared, explaining the role of a home economist in business. Copies of this brochure were mailed, with 1,500 letters from the CHEA president, to industries in all provinces, appealing for contributions to the scholarship fund.

Award of First Scholarship

In June 1971, when contributions from these three sources (the fund drive, the cookbook, and the appeal to industry) had reached just over $40,000, a decision was made to grant the first scholarship of $2,000 at the 1972 convention in Halifax, exactly 10 years after the permanent scholarship fund had been established. The Mary A. Clarke Scholarship was the first to be awarded, according to an earlier decision that this be done to honor her memory. In 1973, the first Silver Jubilee Scholarship was awarded. From then on, both scholarships were granted each year.

By the time the first award was given, the fund had grown to $45,000. By 1980, the fund had reached $60,000, even though a total of sixteen scholarships had already been granted. It was now clear that the scholarship fund had become self-sustaining. Since 1984, in view of this increase in principal and the resulting increase in interest, two scholarships of $3,000 have been awarded each year. By 1988, the fund had grown to $90,000 and, in 1989 the two scholarships will be increased to $4000 each.

It is of special interest to announce that a new award commemorating the 50th anniversary of the founding of CHEA has been approved. This award valued at $4,000 will be granted for the first time in 1989.

The Ruth Binnie Scholarship

Early in 1977 CHEA learned that Miss Ruth Binnie, of Halifax, the 1972 Honor Award winner, had left instructions in her will for a very generous bequest to the Association. It was stipulated that scholarships derived from the income of the money *"be awarded to a person who has a high commitment to teaching and to the profession, one who will follow the principles and practices of home economics education in teaching junior and senior high school students."*

The first Ruth Binnie Scholarship, for $2,500, was awarded in July 1978. In 1979 two scholarships of $3,500 were awarded; since that time the value of the two annual awards has ranged from $3,000 to $3,500. In this 50th anniversary year, 1989, two awards of $5,000 each are offered. Truly a banner year !

The CHEA Incentive Award

The CHEA Incentive Award was established in 1979 to encourage membership in CHEA. It is given to a home economics student who demonstrates excellent qualities of leadership, academic ability and professional commitment. The award consists of a one-year membership in CHEA, which is given to a student at the end of the final year of her program. CHEA offers one award at each university; several universities fund additional awards.

The winners are named by the deans or directors of schools, colleges and faculties of home economics in Canada. Some years, as many as sixteen universities have named students to receive this award. Since 1979 there has been a total of 169 so named.

The Outside Awards

Many home economists across Canada have received awards from other organizations and companies. In 1967 CHEA had agreed that the Awards Committee be available to industry for selecting the winners of industry scholarships, bursaries and awards. In 1971 the services of the Awards Committee were used for the first time by the Carnation Company of Canada, then in 1982 by a second company, Robin Hood Multifoods Ltd.

Two 1976 Scholarship Winners

Brenda Elias (left), Mary A. Clarke Memorial Scholarship winner, and Karen Lapsley (right), recipient of the Carnation Incentive Award, with Margaret Pope, CHEA president.

The Carnation Company Incentive Award

In 1971 the Carnation Company of Canada offered a $500 Carnation Incentive Award for a home economics graduate proceeding to a higher degree, with special consideration for a student undertaking post-graduate study in foods.

In 1983 this award was increased to $750. During 1986-87, Nestlé Enterprises Limited purchased the Carnation Company, and it has continued the practice of giving an award, now called the Nestlé Enterprises Award. In 1988 the new Nestlé Award was increased to $1,000.

The Robin Hood Multifoods Limited Award

In 1982, Robin Hood Multifoods Limited became the second company to establish an award for post-graduate study in home economics, with preference to be given to a person planning a career in business, in the consumer service (foods) field, or food service management. An annual award of $1,000 is offered.

Special Honors and Awards from Outside Groups

Many Canadian home economists have had distinguished careers that have been recognized by distinctive and prestigious awards. Due to space limitations and a concern that our list was incomplete, these awards have not been included.

In Conclusion

During the years of scholarship fund appeals, responses were most rewarding. Appreciation is expressed to the many individuals and industries who have made financial contributions, and to those whose imagination and effort resulted in the establishment and growth of the fund. Special thanks is offered, as well, to those companies who have sponsored scholarships for members of the home economics profession.

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Financial Aid Always Appreciated

Two centuries ago saw the beginnings of home economics as a profession in Canada, when Louis XIV of France sent over money to help establish schools in sewing and cooking for the natives of New France. During the latter part of the 19th century and the beginning of the 20th, home economics received tremendous help through the financial aid given by the late Sir William Macdonald of Montreal, for establishing homemaking schools in various provinces from coast to coast.

From editorial by Katherine Middleton, *CHEA Newsletter*, November 1943

Awards Lists

CHEA Honor Awards

Honorary Awards

1941	Alice Ravenhill	Victoria, B.C.
1950	Mary Urie Watson	Ayr, Ont.
1950	Ethel B. Rutter	Saskatoon, Sask.
1952	Ethel Eadie Amos	Winnipeg, Manitoba
1955	Charlotte Rae	Vancouver, B.C.
1956	Katherine Fisher	New York City, N.Y.*
1958	Hazel Stearns	Souris, P.E.I.
1976	Jean Bradshaw	Ottawa, Ont.

* originally from Stratford, Ont.

Honor Awards

1960	Mabel Patrick	Edmonton, Alta.
1962	Edna W. Park	Toronto, Ont.
1964	Katharine Middleton	Chicago, Illinois*
1964	Anna Speers	Winnipeg, Man.
1964	Charlotte Black	Vancouver, B.C.
1966	Doris Runciman	Annapolis Royal, N.S.
1968	Edith Rowles Simpson	Saskatoon, Sask.
1970	Margaret McCready	Toronto, Ont.
1972	Ruth Binnie	Halifax, N.S.
1974	Sally Henry	Toronto, Ont.
1976	Elizabeth Feniak	Winnipeg, Manitoba
1978	Gertrude Gerlach	Ottawa, Ont.
1980	Wendy Sanford	Toronto, Ont.
1980	Wanda Young	Saskatoon, Sask.
1981	Edith Down	Edmonton, Alta.
1982	Emmie Ducie Oddie	Regina, Sask.
1983	Elizabeth Mullen	Edmonton, Alta.
1984	Phyllis Meiklejohn	Toronto, Ont.
1985	Winifred Bracher	White Rock, B.C.
1986	Margaret Pope	Ottawa, Ont.
1987	Doris Badir	Edmonton, Alta.
1988	No award given	

* originally from Winnipeg, Man.

Advanced Study Scholarships from Outside Groups

Carnation Company Incentive Award

1971	Susan Margaret Braid	Winnipeg, Man.
1972	Joyce MacKay	Vancouver, B.C.
1973	Elizabeth Johnson	Wolfville, N.S.
1974	Mary Butler Bush	Guelph, Ont.
1975	Heather Martin	Edmonton, Alta.
1976	Karen Lapsley	Pierrefonds, Que.
1977	Mary Jane Muise	Halifax, N.S.
1978	Tanis Root	Invermere, B.C.
1979	Valerie Jean Hurry	Charlottetown, P.E.I.
1980	Lynn Mary Roles	Edmonton, Alta.
1981	Theresa Rivera	Montreal, Que.
1982	Beverly Anne Fyfe	Winnipeg, Man.
1983	Donna Jean MacDonald	Toronto, Ont.
1984	Carolyn Beesley	Toronto, Ont.
1985	Régina Robichaud	Moncton, N.B.
1986	No award given	

Nestlé Enterprises Award Winners

1987	Suzanne Lizotte	Guelph, Ont.
1988	Lauren Lee	Edmonton, Alta.

Robin Hood Multifoods Limited

1982	Eileen LeBlanc	Halifax, N.S.
1983	Melanie Mary Dickson	Halifax, N.S.
1984	Carla Taylor	Winnipeg, Man.
1985	Roxanne Buckle	Toronto, Ont.
1986	Kay Spicer	Toronto, Ont.
1987	Régina Robichaud	Moncton, N.B.
1988	Helga McKay	Winnipeg, Man.

CHEA Advanced Study Scholarships

Mary A. Clarke Memorial Scholarship

1972	Florence Swan	Fredericton, N.B.
1974	Nelma Fetterman	Edmonton, Alta.
1975	Gayle Hoover	Stirling, Ont.
1976	Brenda Elias	Guelph, Ont.
1977	Cheryl Malmo	Edmonton, Alta.
1978	Nancy Kerr	Edmonton, Alta.
1979	Deirdre Francis Grondin	Fredericton, N.B.
1980	Judith Joy Marshall	Edmonton, Alta.
1981	Judith Zaichkowsky	Vancouver, B.C.
1982	Linda Lusby	Halifax, N.S.
1983	Marian Lois Campbell	Winnipeg, Man.
1984	Donna MacDonald	Toronto, Ont.
1985	Janet Fast	Guelph, Ont.
1986	Karen Duncan	Saskatoon, Sask.
1987	Jennifer Welsh	Toronto, Ont.
1988	Linda McKay	Windsor, Ont.

Silver Jubilee Scholarship

1973	Susan Bain	Stratford, Ont.
1974	Wanda E. Young	Saskatoon, Sask.
1975	Judith Wainwright	Winnipeg, Man.
1976	Margaret Hope Ellison	Charlottetown, P.E.I.
1977	Gayle Hoover	Stirling, Ont.
1978	Linda Pickard Beardall	Toronto, Ont.
1979	Rosemary Polegato	London, Ont.
1980	Barbara Lee Nelson	Winnipeg, Man.
1981	Theresa Rivera	Montreal, Que.
1982	Susan Turnbull	Fredericton, N.B.
1983	Nancy Cecilia Copeland	Winnipeg, Man.
1984	Nancy Cecilia Copeland	Winnipeg, Man.
1985	Nancy Copeland	Winnipeg, Man.
1985	Annabelle Munkittrick	Chateauguay, Que.
1986	Jane K. Little	Vancouver, B.C.
1987	Elizabeth Gordon	Saskatoon, Sask.
1988	Linda Eyre	Vancouver, B.C.

Ruth Binnie Scholarship

1978	Carol Mayer McLe	Edmonton, Alta.
1979	V. Gail Korpan	Edmonton, Alta.
1979	Patricia Gail Rogers Herbert	St. Albert, Alta.
1980	No award given	
1981	Linda Eyre	Wolfeville, N.S.
1981	Mary Lou Fleming	North Sydney, N.S.
1981	Anne MacCleave	Kentville, N.S.
1981	Linda Bernice Peterat	Edmonton, Alta.
1981	Beverly Pain Wagner	Saskatoon, Sask.
1982	Melodie Goosens-Conlon	Russell, Ont.
1982	Betty Stafford Smith	Baie D'Urfé, Que.
1982	Barbara Joan Legg	St. Catharines, Ont.
1983	Barbara Jean Clements	Windsor, Ont.
1983	Anne MacCleave Frazier	Kentville, N.S.
1983	Linda-Marie Martin-Pringle	Oakville, Ont.
1984	Linda Eyre	Wolfville, N.S.
1985	Lucille Blanchard	Madawaska, N.B.
1985	Frances Campbell	Edmonton, Alta.
1985	Linda Lusby	Wolfville, N.S.
1985	Karen Larsen	Langley, B.C.
1985	Jane Thomas	Burnaby, B.C.
1986	Lorraine Macleod	Moncton, N.B.
1986	Patricia Ann Bowie	Halifax, N.S.
1986	Karen Larsen	Vancouver, B.C.
1987	Jane Thomas	Vancouver, B.C.
1987	Sharon Pisesky	Edmonton, Alta.
1987	Ardis Labreche	St. Laurent, Que.
1988	Sue McGregor	Halifax, N.S.
1988	Lawanda Stebbing	Calgary, Alta.
1988	Renée Kuchapski	Saskatoon, Sask.

May the young graduate become wiser by degrees!

Encouraging Research: The CHEA Foundation

Mary Chenail BEd(HEc), PHEc

The CHEA Foundation (CHEAF) was established to support research and public service projects in areas related to food, clothing, shelter, family concerns, and education. In doing so, it facilitates a closer link between home economists and the public, and increases the visibility of home economists as a helping profession.

Following a motion at the 1978 annual meeting, a Winnipeg committee, chaired by Peggy Tyrchniewicz, began the work of establishing a foundation. By 1980 the CHEAF was incorporated, and the Winnipeg committee became the executive of the Foundation, with five trustees appointed from other areas of the country. Peggy Tyrchniewicz continued as chair until 1985, when she was succeeded by Elizabeth Feniak.

At the time of incorporation, CHEAF was also registered as a charitable organization, making it a channel for tax-deductible donations. With this groundwork completed, the Foundation began its work of accumulating funds and allocating these to suitable projects.

The Quest for Funds

Beginning in the spring of 1982, a yearly appeal has been directed toward CHEA members, other home economists, and dietitians. By 1988, there were ten patrons and ten chain club members, whose substantial gifts have helped greatly in the growth of the capital fund.

Other funds have been forthcoming from memorial gifts and donations from home economics associations across Canada. Since 1984, the CHEAF executive and trustees have conducted fund-raising projects each year. These have included raffles, a dinner/fashion show, and the sale of supermarket certificates. Stickers were sold at the 1987 and 1988 conferences.

Funds have grown steadily over the years; by April of 1988, the net worth had reached $68,240. The largest proportion of this money was accumulated after 1986, and was due to gifts in memory of Gwen E. Leslie and Gwenyth Bailey Simpson.

The Projects That Have Been Supported

Money donated by family and friends is being used to fund the Gwen E. Leslie Memorial Lecture, to be held at each CHEA Conference beginning in 1989. This is a public lecture by an outstanding professional in the field of nutrition and health. Donations in memory of Gwenyth Bailey Simpson are funding a resource library of videotapes produced by home economists on topics related to food and nutrition. The first of these was prepared in 1988.

Other projects that have been supported by the Foundation, either fully or in part, include:

- nutrition videotapes shown on local television stations (first project)
- summary of the application of microcomputers for nutrition education
- student writing competitions
- public service announcements for radio, featuring consumer and financial information (English and French)
- two-year project, "Home Economics for Living," which provides information, skills and training for low income families, single parents, seniors, new Canadians, and students on their own
- development of teaching modules for use in training seniors to present information about clothing choices, nutrition, food shopping, financial management, and housing alternatives to groups of seniors

Although its history is short, the Foundation has already made significant progress in meeting its goal of forging closer links with the public through supporting research and other projects. As a result, we have all benefited.

Elizabeth Feniak (left) receiving patron certificate from Peggy Tyrchniewicz, chair, at the CHEAF annual meeting, July 1984.

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Links in the Chain: Groups We Work With

Canadian Association for Research in Home Economics

Marjorie Lawrence BSc(HEc), BEd, PHEc

The Canadian University Teachers of Home Economics/ Professeurs d'Economie Familiale des Universities Canadiennes (CUTHE/PEFUC) was organized in 1959 at a Learned Societies meeting in Saskatoon. It was founded for the purpose of*"bringing together home economics faculty members to hear and discuss scholarly papers and to study matters of common concern."* Membership was open to those actively engaged in teaching, research or administration in home economics or related degree-granting programs at Canadian universities. In referring to the importance of the group, Dr. E. Rowles Simpson, stated:

> *We must learn to know the difference between our calling as faculty members and the calling of other home economists; we not only teach the future leaders in our profession but it is our responsibility to add to knowledge through research and writing.*

In 1977 the organization affiliated with the Social Sciences Federation of Canada (SSFC) to link more formally with the social science academic community in Canada, to enhance the status of home economics research in that community, and to explore common research interests such as funding sources, publication outlets, and promotion of social science research. Because of affiliation with SSFC, operating and travel grants are received, based on membership, from the Social Sciences and Humanities Research Council of Canada (SSHRCC).

In 1985 the name was changed to reflect more clearly the stage of development and research activity of its members, to broaden its mandate and to increase membership. Since then, the association has been known as the Canadian Association for Research in Home Economics/Association Canadienne pour la Recherche en Economie Familiale (CARHE/ACREF). Membership was expanded to include individuals with post-graduate home economics related degrees, who are undertaking research in home economics subjects; and graduate students in home economics-related programs.

CARHE/ACREF meets annually with the Learned Societies or in conjunction with CHEA to provide a forum for discussion and presentation of scholarly papers. Additional key activities are a computerized inventory of research in home economics (1982 to present, funded by SSHRCC), publication of conference proceedings, and encouragement of graduate student participation through a Graduate Student Research Award (1989).

Although the organization was associated informally with CHEA for many years, the link was formalized in 1982. As a result, the president acts as a liaison with the CHEA Board of Directors, reporting through the vice-president, professional practice. CARHE/ACREF has taken responsibility for research reporting sessions at CHEA conferences, and has provided financial support and editorial advice for the research section of the *CHE Journal*, which is an important outlet for home economics research in Canada. As stated by Margaret Arcus in 1983, this formalized relationship is important:

> *...because it links two home economics organizations - one scholarly and one professional - providing an opportunity for and encouraging cooperation in addressing issues critical to the advancement of home economics. Each association has at least some stake in the direction and activities of the other.*

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Research Takes Many Forms

One of the chief prospects for this fiber (nylon) is the use of the high twist yarn for fine hosiery. It possesses extreme sheerness, high elasticity, high strength and resistance to runs... women's stockings of nylon were publicly displayed for the first time at the San Francisco World's Fair. Mechanical hands stretched a nylon stocking from morning to night to show the strength and elasticity of its fiber. [Do you suppose they ever thought of testing for snagging?]

CHEA Newsletter, February 1940

International Federation for Home Economics

Wanda Young BHSc, BEd, MA, PhD

The Canadian Home Economics Association has had a long-standing membership in the International Federation for Home Economics (IFHE) and supports its aims. The intent of our participation in IFHE has been:

- to acquaint CHEA members with the objectives and activities of IFHE and to further communication between home economists in Canada and other countries.
- to cooperate in projects and activities of IFHE.
- to assume our share of responsibility for raising standards of home economics as a profession in all countries.
- to work with home economists outside Canada to promote better home and family life.

Our immediate link with IFHE is through the CHEA Liaison Committee.

The International Federation for Home Economics, the only world home economics organization, was organized in 1908. As stated in the constitution, IFHE seeks to:

> *promote the development of all forms of education in home economics in all countries, in collaboration with public authorities, scientific and professional associations and organizations, and international organizations.*

IFHE represents home economics throughout the world. Members participate in and have consultative status with such international organizations as UNESCO, FAO, UNICEF, and the Council of Europe.

IFHE Council

The IFHE Council, the decision making body of the Federation, consists of one representative from each member organization. The council meets every two years to consider IFHE policies and programs. The Executive Committee, elected by members of the Council, consists of nine officers and ten member representatives from different countries. This committee meets once a year and is responsible for implementing IFHE's program. CHEA members who have served on the Executive:

1988-92	Doris Badir, president
1986-88	Doris Badir, president-elect
1982-86	Doris Badir, vice-president
1980-82	Linda Reasbeck, vice-president (Canadian representative 1978-80)
1978-88	Carmelle Therien-Viau, treasurer
1974-78	Wanda Young, vice-president (Canadian representative 1972-74)
1968-72	Margaret McCready, Canadian representative
1958-68	Marjorie Kennish, vice-president
1953-58	Estelle Leblanc, Canadian representative

Congress and Tours

Every four years members of IFHE meet in a congress which provides an opportunity to communicate with home economists from around the world. At every congress since 1948, at least one Canadian home economist has been a speaker. Pre-congress courses and workshops, as well as post-congress tours, provide additional occasions for education and fellowship.

CHEA members have chaired committees for tours following several North American congresses. In 1958, Mary Clarke was responsible for a tour of Ontario and Quebec. In appreciation of this tour, British home economists presented CHEA with our presidential chain of office.

The 1976 Congress was held in Ottawa; the Congress Committee was chaired by Linda (Stepenoff) Reasbeck. Treasurer Gertrude Gerlach reported a profit of over $29,000. New ideas for organizational development came from the discussion groups.

Anne Kernaleguen organized pre- and post-congress study tours for the 1976 Ottawa Congress. Lynne Nieman was chairman of the western Canadian tour, "Preservation of our Heritage," following the Minneapolis Congress in 1988.

XVI CONGRES MONDIAL
JUILLET 24-29, 1988
MINNEAPOLIS,
MINNESOTA,
U.S.A.

The IFHE *Home Economics Bulletin* and the annual report are vehicles by which individual members can keep informed of IFHE activities.

Through the communications of the CHEA Liaison Committee, our continued support and participation in IFHE activities is assured.

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Association of Canadian Home Economics Students

Shirley Rebus BSc(HEc), PHEc

The Association of Canadian Home Economics Students (ACHES) formally came into being in 1969. However, for many years prior, there had been college home economics clubs. From 1949, these clubs were nurtured by CHEA with the intention of assisting students and acquainting them with CHEA's objectives and activities. CHEA's College Home Economics Clubs committee, consisting of a chairman and faculty advisers from fourteen universities, functioned for almost thirty years even though the 1968 chairman questioned the need for the committee to continue. By that time, she noted, the role was mainly one of liaising with students and encouraging college home economics clubs to affiliate with CHEA. In 1978 there was a motion to disband the college clubs committee, transferring duties to the president-elect and later to the vice-president, professional practice.

College clubs became formally affiliated with CHEA in 1954, following several years of discussion. By 1957, there were fourteen clubs representing 1147 students. Initially only degree-granting institutions were affiliated, but in 1968 Ryerson Polytechnical Institute was included.

To achieve its objective of familiarizing students with CHEA, the college clubs committee at various times obtained lists of graduating classes in order to send letters of solicitation, asked university instructors to make a concerted effort at recruitment, and discussed sending free journals to senior students. However, in spite of these efforts, the minutes record an on-going concern about the small number of new graduates who were joining.

As early as 1958, CHEA's college clubs chairman recommended that the Association offer a student membership so graduating students could join in their last semester. Nothing further on that subject is reported until 1973 when it was again brought forward. The board advised that the request had to come from the students, and the students did pass such a motion at their 1973 convention. As a result, a student membership category was added to the CHEA constitution in 1974.

A major undertaking of the college clubs committee was the development of a reference manual. Jeannine Deveau, 1958 CHEA college clubs chairman, reported to the annual meeting that this manual included CHEA information, organization and procedures for college clubs, and "a code of behavior" for meetings. According to the 1959 annual report, there was great enthusiasm over this *"splendid handbook."* This enthusiasm led to a motion at the board meeting to modify the book and print it for other girls' and women's organizations, but when such a request came it was *"regretfully turned down due to lack of time and interested individuals willing to co-operate."* The 1960 minutes record a motion to table revision of the handbook, and later minutes make no further mention of this. The handbook was updated from time to time, however, for use by the students.

Student Activities

ACHES students have been holding their own yearly conventions since 1965, when the first one was held at Macdonald College, McGill University. The report of the 1973 ACHES convention indicates that by then *"serious questioning of the value of the association was taking place."* After three days of discussion, it was decided that ACHES did serve a useful purpose and should not be dissolved. Instead, they decided to request student membership in CHEA.

Among other things, it was felt that this would improve communication and that the *CHE Journal* would be more widely used for student research and information. Historically, college club news had been carried in the *Journal* until 1966. However, by that time reports from individual clubs had decreased in number so only a summary of the yearly convention was published. Throughout the 70's, ACHES news appeared sporadically - sometimes under the "Happenings" column, sometimes an article about the convention, and occasionally a report of a student project.

In the 80's the students have continued to become more independent of CHEA, distributing newsletters to each other and independently conducting their well-organized conferences each year. CHEA now serves as a "sister" rather than a "mother" organization.

References and Sources

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Canadian Home Economics Journal, 1950-1988.

A President's Perspective

In the scientific, utilitarian world, in which we are now living we are very apt to forget the spiritual values of life. This Association has great potentialities but if we are to do the greatest good for the greatest number of Canadians, we must, it seems to me, inculcate these values into the central core of whatever educational project we undertake.

Doris A. Runciman, President's Report 1946

CHEA's Other Connections

Barbara Hausegger BSc(HEc), BPed, PHEc

The 40's: Formative Years

During the 40's CHEA and the Canadian Dietetic Association (CDA) looked for ways to work together on problems of mutual interest. In 1944 Miss Violet Riley of CDA, in a meeting with CHEA, proposed a liaison committee in each organization as a step in the right direction. By 1949 a review of membership duplication was suggested to assess areas in which the two organizations might act jointly, for example publication of a journal and organizing conventions. Education, nutrition, and women in business were also seen as areas of mutual interest.

The Canadian Association of Consumers (CAC) evolved during the late 40's as a result of work with the Wartime Prices and Trade Board. CHEA supported CAC in postwar concerns over prices.

The 50's: Branching Out

During the 50's, CHEA continued its cooperation with CDA and CAC. Members of CHEA/CDA were encouraged to attend each others' conventions. CHEA, through the leadership of Dr. Margaret McCready, was supportive of CAC, and CHEA members were encouraged to join. During these years CAC was working for new food and drug regulations, clearer packaging (windows in bacon wrapping), improvement in quality of grade A eggs, and pasteurization of milk.

New links were forged with the National Council of Women (NCW), the International Federation for Home Economics (IFHE), the Canadian Council on Nutrition, and the Canadian Welfare Committee. The Canadian Council on Nutrition recommended ways of improving our food, such as adding Vitamin A to milk powder and Vitamin C to evaporated milk. A table of food values was recommended for use; Grace Duggan (Cook), University of Alberta assistant professor, worked on this.

The NCW was concerned with: finding ways and means of increasing the attraction to and prestige of teaching; women and the family in a changing world; women and education. The Canadian Welfare Committee looked into the Homemaker Services available.

As well as finding representatives to the above organizations, CHEA in the mid-50's decided to make IFHE its main interest as a two-year national project.

The 60's: Widening Horizons

During the 1961 CDA convention, a joint meeting was held with three representatives from each organization; Miss Margaret Lang of CDA was chairman. The purpose of the meeting was to form a liaison between the two associations to discuss common problems and ways of improving public relations and recruitment in the field of home economics. This joint meeting was seen as an important step in bringing the two groups together.

CAC became more popular and more involved with the media in the 60's. Home and the family were big business. Our representatives attended busy CAC annual meetings.

The Canadian Council on Nutrition, with Dr. Elizabeth Empey in the chair, proposed a resolution to add Vitamin D to all milk marketed in Canada. This council identified the need for nutritionists and suitable training programs over the next decade.

The NCW noted that there were large numbers of women working but few working at a top executive level. The Canadian Welfare Council set up a study of home help services, held workshops on aging, and revised the kit "On Growing Old."

During the 60's, one of our new links was with the Emergency Welfare Services. An emergency feeding manual was prepared for use in adult education courses which were offered to key personnel in hospitals, institutions, and the community. Materials were sent to universities for integration into courses. CHEA promoted involvement and stressed the importance of emergency training. Our liaison was Miss Helen Sackville.

In the late 60's CHEA joined in the support of the Canadian Hunger Foundation, which is dedicated to the betterment of the global community at the village level. Under Isobel Honey, contributions from CHEA and members went to the Mysore Project. During the next few years, with Alice Jenner as our representative, international information on world nutrition was included in Canadian grade eight, twelve and university level courses, and a liaison with the Agriculture Institute of Canada occurred. The approach to the problems of world nutrition shifted from emergency food provision to self-help, and more groups were participating to resolve this problem. Mrs. Jenner presented a paper, "Prairie Relationships to Improving Human Nutrition," at the 2nd World Food Congress (The Hague, ND) in 1970.

The 70's: Changing Roles

Our new links during this decade were with the Association of Scientific Engineering and Technological Community of Canada (SCITEC), National Action Committee on the Status of Women (NAC), Planned Parenthood, the Vanier Institute of the Family (VIF), and MATCH.

SCITEC was formed in 1971 to foster inter-disciplinary communication among Canadian scientists and to explain

science and technology to the public. CHEA became a trial member in 1978.

NAC exists to improve the status of women by actions to designate change in legislation, attitudes, customs and practices. Miss Edna Park attended NAC's 1972 conference on a Strategy for Change. She felt the issue of electing knowledgeable, experienced women to boards of directors in banks, corporations, government and universities was not sufficiently emphasized.

CHEA supported Planned Parenthood in the promotion of responsible parenthood at the local and international level.

In 1976 MATCH was founded to consolidate contacts with women and women's associations throughout the world by endorsing projects and finding sponsoring organizations in Canada. MATCH, a women's support organization dedicated to promoting the well-being of individuals and families, focused on women as the key to effective development.

Along with forming these new links, representatives continued with previous liaison groups. The Canadian Welfare Council became the Canadian Council on Social Development (CCSD) with emphasis on time-related special tasks and projects. This organization's main objective was the formulation and promotion of social policy. Its focus for the 70's was on strengthening family life and enhancing the dignity of the individual, using an integrated approach to social and economic policy development by being aware that economic growth has social costs and gains. Concerns targeted were housing for low income and the elderly, youth on welfare (14-24 age group), one-parent families, daycare and a definitive statement of standards nationally, aging, and the training of homemakers. Canada's first national daycare survey occurred in June 1970.

The National Council of Women was focusing on drug abuse, and the lack of appointments to boards and commissions remained a concern.

During the 70's, Helen Sackville remained our representative to the Emergency Welfare Services. Survival booklets and training were provided to key provincial and municipal personnel. CHEA provided resource people for some of the survival training.

The 80's: Shaping Public Policy

In the 80's, CHEA has continued its links with organizations that share our concern for the well-being of individuals and families. In addition to previously established liaisons, we now have members on the Canadian Science Committee on Food and Nutrition. We added another new link with our support of the World Food Day Association which was constituted in 1983 to coordinate World Food Day efforts in Canada. This association has many groups involved as Canada shows its commitment to help solve the problems of world hunger and malnutrition.

Dr. Elizabeth Feniak, CHEA President for 1978-1980, stated in her article for the 40th Anniversary that

> *goals for the future included ... a strong voice on behalf of the profession and active involvement in the many public concerns that touch on our discipline... Communication is the outstanding challenge. This includes... involvement with public policy decisions (often in cooperation with other groups)...*

As we sort our priorities, communication remains our challenge in the future.

References and Sources

Feniak, E. "Future Projections," *Canadian Home Economics Journal, Spring 1979.*
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A President's Perspective

We are now entering on the third year of our national association as well as on the third year of the war. Our problems are thus becoming increasingly complex and our opportunities for service ever widening. To learn of the fine accomplishments of your organization you have only to read the president's report in this issue. An excellent beginning has been made. Let us continue to progress.

The association's activities for the present and immediate future must of necessity be partly dictated by the exigencies of war. Our first and most important duty is to support every effort for the successful completion of the war. Should this involve the curtailment of the normal peacetime activities of our organization, your executive is confident that you will support them wholeheartedly.

As trained home economists we must sponsor and give leadership to the many nutrition campaigns conducted throughout Canada and be unstinting in our support. There is a further call to serve in supporting the establishment of day nurseries and the feeding of latch-key children whose mothers are engaged in war industries, and also in supporting all those activities that help to establish and maintain a happy home environment. These, for the present, seem to be the spheres in which we can best serve our community.

At no other time has such a challenge or such an opportunity been presented to the members of our profession, to lead in the improving of the health of Canadians and in the betterment of Canadian home life. In taking up this challenge, we are not only making the greatest contribution for the present needs of our country, but we are laying a better foundation for its future well-being.

Jessie Brodie, *CHEA Newsletter*, May 1941

Partnership in Action: The International Development Program

Rosemary Zak BSc(HEc)

Like most creations, CHEA's International Development Program was born out of a recognized need and supportive environment. Prior to the program, home economists worked for years with various agencies to improve the quality of life for individuals and families at home and abroad. In 1945 the United Nations Food and Agriculture Organization (FAO) was established, including a home economics branch first directed by Margaret Hockin, a Canadian home economist. Church and women's organizations around the world recognized the need for home economics research and education, and actively supported the work of the FAO Home Economics Branch. Helen Neilsen, Helen Abel, and Lila Engberg are a few of those from Canadian universities who pioneered higher education abroad.

From Idea to Action

The second wave of home economists in international development endorsed the need for higher education and provided support for the development of home economics departments in the national universities of developing countries. Out of this grew a commitment in the developing countries toward the creation of outreach programs for rural development. Canadian-supported agencies such as Canadian Universities Overseas (CUSO), International Development Research Centre (IDRC), Canadian World Youth (CWY) and others, became involved with women and development. FAO continued its support in the second wave. Martha Munz (Munz-Gue), a returned CUSO cooperant, inspired a 1972 CHEA resolution that a committee be formed to investigate ways CHEA could be officially involved in international development. The resulting committee, chaired by Martha Munz-Gue, suggested ways CHEA could become involved and compiled an information kit. In 1974, the committee suggested that a new international development committee be formed with members living near Ottawa. In 1976, Dr. Jean Steckle moved to Ottawa and became chairman of the National International Development Committee.

Currently, the CHEA International Development Program in developing countries has two facets - working with home economists in developing countries on specific projects and educating Canadian home economists about development issues.

Focus on Twinning

Several events encouraged the International Development Committee of CHEA to develop a structure whereby Canadian home economics affiliates could work with home economics associations in developing countries on joint projects. In 1976, members at CHEA's annual general meeting approved a suggestion made in a letter from Dr. Jean Fewster, FAO, to Margaret Pope, CHEA president, that twinning of developing and developed countries be encouraged. Members of the 1976 International Federation for Home Economics (IFHE) Congress in Ottawa also encouraged these partnership linkages. Alberta Ollennu, IFHE Vice-President for Africa, chaired sessions at the congress and attended CHEA's 1976 Conference in Toronto. The presence of Mrs. Ollennu and other insightful home economists from developing countries helped promote the concept of twinning. In 1977, when Dr. Jean Steckle and Dr. Lila Engberg attended a Professional Associations Meeting and learned that the Canadian International Development Agency (CIDA) would support both the development education for professional associations in Canada and the work of professional associations in developing countries, the potential for twinning programs increased.

Photo courtesy of Glenbow Archives, Calgary, Alberta.

Visiting international students who attended the first pre-conference workshop on international development, July 1978. Left to right: Avodele Ballo, Kanara, Sierra Leone; Joyce Kikafunda, Uganda; Mary Apedel Engave, Uganda.

The International Development Program Takes Shape

The first CHEA pre-conference workshop on international development was held in Olds, Alberta during July 1978. At that time Canadian universities hosted government-sponsored undergraduate and graduate home economists from developing countries. As a result, one-quarter of the workshop participants were from developing countries. They helped the Canadian participants identify the needs and opportunities for twinning, and also helped to shape the International Development Program's policy and structure.

In 1979, CHEA's first twinning relationship between the Toronto Home Economics Association and the Caribbean Association of Home Economics was conceived in Halifax with the help of Gwen Tonge from Antigua. The two associations created a set of three *Caribbean Home Economics in Action* textbooks for the junior high school level. In 1986, Pat Malone, the Caribbean textbook project manager, presented this project as a case study for regional textbook development in the Third World at a World Bank seminar in Washington, D.C. This approach to textbook development was enthusiastically received at the seminar.

In 1981 an executive forum entitled "Home Economists as Partners in International Development" was organized, with financial support from CIDA. To expand the International Development Program, new administrative structures were developed, adding executive leadership from CHEA affiliates across Canada. Dr. Jean Steckle, Marie Slusar and May Maskow played key roles in this process.

Pat Malone (left), international development chairman and executive director of the Caribbean Project, meets Zola Holder, one of the textbook writers from the Caribbean Association of Home Economists at IFHE Congress; Oslo, Norway, July 1984.

In 1983, pilot project funding was received from CIDA for a program administrator, and Sharon Channer was selected as CHEA's first International Development Officer. The success of this pilot project led, in 1985, to three-year block funding of $700,000 from the Institutional Cooperation and Development Services (ICDS) division of CIDA. In November 1987, Sharon Channer left to go to Sri Lanka with her family to continue her home economics career. Rosemary Zak replaced Sharon Channer as International Development Officer at this time. In 1988 a second block of three-year funding for over one million dollars was secured from CIDA.

Current Status

Since the International Development Program began, seventeen twinning partnerships have been established through local or provincial International Development Committees across Canada. All of the projects aim to improve the quality of daily life of individuals and families in the developing world, strengthen the home economics associations involved, and educate the Canadian public about development. Partner home economics associations involved in textbook development include Saskatoon/Ghana, Toronto/Caribbean, OFSHEEA/Swaziland, and Nova Scotia/Malawi. Calgary/Sierra Leone and Hamilton/Tanzania are involved with day care centres and day care worker training. B.C./Sri Lanka are promoting household level appropriate technology while Manitoba/Brazil are developing a consumer education program. Regina/Zambia are helping revise Zambia's secondary school home economics curriculum. Ottawa/Thailand produced home economics teaching/learning packages for North East Thai primary schools. The London/Gambia associations established a vocational training program for early school leavers. The New Brunswick/Senegal partners are focusing on nutrition education and an exchange of textile production expertise. Ontario/Africa have established an African Home Economics Secretariat. Newly twinned associations include Edmonton/Egypt, Manitoba S.W./Nigeria, Quebec/Pakistan and AEFQ/Haiti.

Development Education in Action

Educating Canadian home economists about development issues has gone hand in hand with twinning. To ensure that CHEA twinning projects are empowering individuals and families in the developing world, the International Development Program has provided annual workshops which focus on development issues. Local and provincial International Development Committees, along with provincial coordinators in some provinces, organize development education events throughout the year.

In December 1987, a Development Education Officer position was created with funding from CIDA's Public Participation Program. Judy Chaplin first held this position with Pat Ulrich following in April 1988. Audio-visuals and educational kits have been created to help individual members and committees examine specific issues. Days such as World Food Day on October 16 and World Home Economics Day on March 20 have become development education events across Canada.

Future Actions and Challenges

More focus on yearly themes, and in-depth analysis of the issues, is planned for the future. The challenge for all home economists is to make connections between their own communities and the larger world of which they are a part, and then to take positive actions which will empower individuals and families in the developing world, allowing them to have more control over their destinies.

Twinning provides tremendous opportunities for joint training activities, institution building, and resource material development. The developing countries can offer us a great deal in return, strengthening our profession and research base. One of the greatest challenges for twinned associations is to discover projects that do not perpetuate outmoded approaches to home economics education. Home economics requires critical thinking which focuses on the needs of the local people in an environmental context.

Participants at the International Development Committee's April 1988 workshop established a definition of "development" which was ratified by CHEA members at the 1988 Annual Meeting. *"Development is a dynamic process of positive change, leading to fulfillment of basic human needs for individuals and families within their own and the global community, recognizing that this change involves social, economic and environmental sustainability."* This definition will sustain and guide future action.

References and Sources

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Minutes of Board of Directors Meetings, July 1974 and July 1976.
Information supplied by Pat Malone and Dr. Jean Steckle.

Ghana Revisited

Forty plus home economists braved another bitterly cold, blustery evening to converge on 42 Weir Crescent [Saskatoon]. All thoughts of cold and snow were forgotten as guests were ushered into the warm, friendly atmosphere of Ghana.

Prior to starting the tour, each guest registered and received a passport which consisted of ten questions. The questions were varied and all answers were included in the displays and the evening's program. (Marg Simon was the most astute tourist.) We now all know: "What the colors of the flag of Ghana are, and what gari is made from and what kente is and who makes it."

Home economists spent the first hour absorbing the sights and sounds of Ghana by touring the cloth shop, book store and food preparation and preservation area. Here one could stop for a thirst quencher - fresh orange juice still in the orange. Delicious, if prepared properly. The orange had to be thinly peeled, in one long peel with no flesh exposed, in as little time as possible. It can be done as demonstrated by Thelma Howard's four-foot peel and Linda Braun's eighteen-second time.

For those who wanted additional refreshments, Madam Yawaw's chop bar was open for business. Hot and cold beverages, ground nut soup and rice were the specialities offered throughout the evening.

The first major stop on the tour was a meeting with many of the women who will be working on the textbook. Liz Delahey and Marie Dunn introduced them by slides, as well as elaborating on their fact-finding mission in December. Through their commentary and visuals, we were most assured of our twin's commitment to the project.

The last stop of the tour again invited much audience participation and the organizing committee wasn't disappointed. Support for the project was clearly demonstrated by home economists' willingness to bid and bid and bid at our first Ghanian auction. The auctioneer, Gary Storey (a professor of agricultural economics) did an excellent job of auctioning the ten items: two book marks, two leather purses, a pottery mask, two egrets (made of horn), a kente cloth strip, a vase and a traditional Ghanian doll. Auction proceeds were simply outstanding and much above our expectations.

This ended our second tour of Ghana. We all will remember the spirit and dedication of home economists involved in the project, both Ghanaian and Canadian.

Excerpted from an article by Linda Braun, *ID Connections*, February 1985

Home Economics Associations at Work: The Affiliates

Norma Bannerman BSc(HEc), PHEc

Receiving and reading the information requested from the affiliated groups was a rewarding experience. The data collected gives an impressive synopsis of the professional home economics associations' activities from coast to coast. A good number of the organizations cover large geographic areas, resulting in members travelling long distances to attend meetings and functions. In addition to covering a wide area, many of these groups have small memberships, making each individual's participation vital.

The programs and projects of affiliates are broad in scope, and frequently involve the sharing of ideas, keeping updated professionally, and finding ways to more effectively serve students and members of the regional, and sometimes worldwide community. Their activities are home economics aims in action.

The need for affiliation and/or federation of CHEA with provincial and regional home economics associations was recognized at CHEA's inception. Federation was a goal established at the founding meeting; affiliation, and the means of accomplishing it in an effective and workable way, were discussed and studied frequently in the ensuing years. Finally in 1954, when the new constitution necessary for incorporation was drafted, terms for affiliation of regional home economics associations and college clubs were included.

In 1955, seven of the twenty-three eligible groups affiliated with CHEA. The numbers gradually increased to the current figure of forty-three. We are pleased to have each of these home economics associations represented in the following charts.

• Name of Association • Formation Date • Affiliation Date with CHEA	Reason For Formation	• Charter Members • Current Members	Summary of Affiliate Programs and Activities
British Columbia HEc Association (BCHEA) 1975 1977	Enthusiasm for profession and its well-being following 1974 CHEA conference in Vancouver.	250 108	Scholarships a high priority; proceeds from sale of *Cooking the Metric Way* cookbook allowed for reactivation of UBC scholarship and expansion to current three. High quality workshops have covered a gamut of interesting subjects. Share of profit from 1985 CHEA conference allowed a mentoring project to be undertaken. Residual funds now allocated to regional development. ID efforts focused on Sri Lanka.
BC HEIB 1975 1984	To share information and ideas.	n/a 44	Began with monthly programs of information exchange; evolved to four meetings a year with workshops. Topics covered: "Consumer Attitudes Toward Grocery Pricing;" "Crisis Management;", "Space Design," presented by a HEIB member; "How to Set up Own Business;", tour of Business Development Center, B.C . government; computers; nutrition; dairy plant tour. Questionnaire sent to members asking for current health issues affecting work environments.
Alberta HEc Association 1935 1956	Founders believed strength in numbers. Goals were to support professional aims and address problems.	85 420	Programs and activities focused on professional development, continuing education, social and educational issues. Newsletters published from beginning, quarterly since 1967. Travelling workshops held throughout Alta with topics such as self regulation, registration, professionalism. Many varied resolutions presented to government departments: after-school day care; professional care of the handicapped; women's emergency shelters. Conferences held annually. A new structure established in mid-80's rotates the executive through all six branches.
AHEA - Edmonton Branch 1923 1957	To form a professional society of home economists	24 153	Projects have included: establishment of scholarship fund; home visits on volunteer basis for Family Service Bureau; initiation of annual Greet the Grads evening (for home economics students, University of Alberta); refresher courses for graduates. Some program and research areas: textiles, consumer concerns, changing family. Social action committee formed in 1987 to address need for action regarding current socio-economic difficulties for many Alberta families. Twinned with Egypt.

• Name of Association • Formation Date • Affiliation Date with CHEA	Reason For Formation	• Charter Members • Current Members	Summary of Affiliate Programs and Activities
AHEA - Calgary Branch 1934 1958	To strengthen the home economics profession.	19 138	Projects have included: cooking classes for army chefs during war years; teas, cooking schools, New Products Dinners to raise scholarship funds (currently offer two); several "Bishop Method of Clothing Construction" workshops; continuing education speakers and workshops in nutrition, consumer education, communications, microwave cooking, home economics education; sent representatives to groups concerned with issues related to women, children, consumers. Twinned with Sierra Leone.
AHEA - Peace Region Branch 1967 (as Grande Prairie HEA) 1987	To increase professional profile; share concerns and ideas; keep updated provincially; foster professional development.	n/a 21	Membership scattered, so four meetings held yearly in different locations; each followed by professional development workshop or speaker. Program topics have included: consumer law and awareness; housing trends; early childhood; women's rights; population growth; world protein sources and uses. Public forum held each spring. Newsletter mailed to consumers containing information about nutrition, health, consumer issues. AHEA Peace Region will form the provincial AHEA executive in 1990-1992.
AHEA - Lethbridge Branch 1968 1971	Need for a professional organization.	30 27	Early on, activities focused on professional development. Program topics included: communications; consumer issues; women's matrimonial property rights; public "Metric Workshop." A nutrition program for teachers, pregnant women, mothers of young children, was sponsored jointly with local groups. Networking is an important part of programs. In 1983 hosted AHEA conference; 1986-88 AHEA executive based in Lethbridge - both activities a challenge for a small group.
AHEA - Red Deer Branch 1973 1981	To provide regular professional contact in Central Alberta; encourage AHEA and CHEA membership.	45 46	Membership drawn from central Alberta. Projects have included three "Resource Fairs" in malls to inform public about available resources, services, information (jointly sponsored with HEc Teachers' Association). Also sponsored nutrition display in mall following Nutrition Canada Survey. Program topics cover wide range: professional awareness; women in stress; pre-teen workshop. AHEA Red Deer has hosted two AHEA conferences - 1978 and 1981.
AHEA - Lakeland Branch 1978 1982	To share concerns, promote professionalism, interpret role to community.	27 22	Program topics have included mentally and physically handicapped children, the native child, preschoolers (during the Year of the Child). Further topics covered "Consumer Education in a Rural Community," time and money management, professionalism, federation. Participate in Nutrition Month with presentations in local communities, commercials on radio and TV. Presented resolution on family violence to appropriate government department, and brief to University of Alberta Senate proposing post graduate courses for rural home economists.
Home Economics Council of The Alberta Teachers' Association (HECATA) 1961 1987	To share ideas and concerns; keep updated in all aspects of home economics education.	58 590	A provincial group comprised of eight regional groups. Regional groups hold regular meetings and sponsor workshops and seminars on topics reflecting home economics education concerns and interests. Provincial body coordinates activities on larger scale in form of fall workshops and annual spring conferences; produces professional publications (journal, newsletter, curriculum supplements). Visible and active in facilitating and presenting position papers, resolutions, political awareness issues provincially.
Edmonton HEIB 1975 1984	To share similar job interests; promote professional development and standards; expand employment opportunities.	n/a 51	Luncheon meetings, held seven times a year, feature programs or speakers on wide variety of topics. These have included genetic engineering; subjects related to nutrition, textiles, fashion, family studies; what's happening in home economics (guest speaker Dean of Home Economics, University of Alberta); two entrepreneurial home economists (restaurant and clothing workshop owners); panel of freelance home economists. Socializing and networking are important aspects of meetings.
Association of Saskatchewan Home Economists (ASHE) 1957 (as Saskatchewan HEA) 1958	To promote professional profile; further aims, objectives, standards of excellence; encourage professional continuing education.	50 80	Presented many briefs to departments of Saskatchewan government, addressing appointment of home economists to Department of Education, core curriculum, home economics services for rural women, visiting homemakers, day care, legal aid, pensions, changes in Matrimonial Property Act. Held joint conventions with Saskatchewan Dietetic Association and Family Life Saskatchewan. Regional workshops provide professional development in rural areas. Twinned with Ghana.

• Name of Association • Formation Date • Affiliation Date with CHEA	Reason For Formation	• Charter Members • Current Members	Summary of Affiliate Programs and Activities
Regina & District Home Economics Association About 1925 1957	For fellowship and the discussion of mutual concerns.	n/a 72	New Products Dinners held for many years to support scholarships fund (two currently offered). Construct and rent academic hoods to University of Regina. Compiled lending library of professional journals for members. Provide judges for homecraft area of Regina Exhibition. Involved in "Home Economics for Living" programs, covering low cost meals and money management for those on limited income. Twinned with Zambia.
Saskatoon & District HEA 1931 1956	Need for a professional association and professional development.	35 60	Provide academic hoods for University of Saskatchewan. Revenue from this and New Products Dinners has funded a scholarship and bursary. Special projects included a workshop on high school curricula; professional recruitment; salary scales study; study courses to update members through University of Saskatchewan; support of University Liaison Committee for retention of College of Home economics at University of Saskatchewan. Twinned with Ghana Home Science Association.
Manitoba Home Economics Association (MHEA) 1911 Manitoba Association of Home Economists (MAHE) - Winnipeg 1983 Manitoba Association of Home Economists (MAHE) 1989	The original Manitoba Home Economic Association was formed to establish a bond and provide means of mutual help for home economists in province. MHEA Winnipeg was formed from MHEA to reflect structure changes taking place in Manitoba. MAHE was formed to recreate a provinicial association.	9 (MHEA) charter 301 (MAHE - Winnepeg) current	The Manitoba Home Economics Association (MHEA) formed in 1911. From inception, programs included continuing education activities, discussions of mutual problems, networking. During depression continued to have executive, but no meetings held; reactivated in 30's. Spearheaded CHEA founding convention. Other activities included briefs to provincial government requesting nutritionist and home economics supervisor - both were successful. In 70's special committee established to explore registration, which subsequently spawned successful marketing and public relations committee. Affiliated with CHEA from 1957 to 1983. Between 1968 and 1980, three regional associations formed, leaving Winnipeg under MHEA jurisdiction. In 1983 MHEA amended its bylaws to become a local - the MHEA Winnipeg. In November 1988 the constitution and bylaws of this local were changed, and MHEA Winnipeg became a branch of the new provincial organization, the Manitoba Association of Home Economists (MAHE). This new association holds its first general meeting July 6, 1989, immediately prior to CHEA's 50th anniversary conference.
MAHE - SW 1971 (replaced Brandon HEA) 1981	Need for professional association in own region.	34 45	Programs attempt to cover all areas of home economics. Examples include nutrition programming on local cable TV; nutrition month activities in malls, stores and schools; new products presentations; a high school career symposium; continuing education seminars. With Winnipeg, hosted a provincial conference. Currently helping in efforts to achieve registration of home economists in Manitoba. A newsletter keeps members informed. Twinned with Nigeria.
MAHE - NW 1975 1981	To promote welfare of family, home, community; to unite home economists from different fields.	12 16	Presented a "Toy Fair" featuring toys that were safe and durable, with high play value. Nutrition programs, half-hour length, presented to day care, kindergarten, grade one students. During Nutrition Month, sponsored poster contest for grade four students. Also prepared and served nutritious breakfast to Dauphin's mayor - this promoted nutrition month and gave exposure to association. Community workshops included "Women in the Law;", " Housing;", "Children's Crafts."
MAHE - Parkland 1981 1983	For professional updating, sharing available resources; fellowship with other home economists.	15 11	Activities include an infant car seat rental program; sponsoring prizes at three local summer fairs; awarding book prizes at three schools offering HEc programs; public speaker on "Strengthening Our Family - Improving Family Communications." Funds for registration endeavors were raised through a fashion show and two dinners. The association lobbied in support of school HEc programs, and hosted a group of international home economists following 1988 IFHE Congress.
Manitoba Home Economics Teachers' Association (MHETA) Late 1960's 1987	Need for uniting to deal effectively with problems; provide professional development opportunities.	n/a 199	Key mandate is provision of strong provincial network of home economics teachers; this provides leadership in planning inservices for members. Fall conference a well-respected part of Manitoba's Special Area Groups in-service teachers' day. MHETA provides a unified voice on HEc issues; it has actively supported registration and federated structure. Meetings during the year foster networking and professional growth. Four professional journals published yearly.

• Name of Association • Formation Date • Affiliation Date with CHEA	Reason For Formation	• Charter Members • Current Members	Summary of Affiliate Programs and Activities
Winnipeg HEIB 1981 1985	Assess HEIB opportunities and satisfaction of graduates; disseminate information to increase job aspirations.	33 62	Hold lunch meetings seven times a year. Programs have included: "Time Management;", "Goal Setting;", "Income Tax and You;" "Successful Business;" "Non Verbal Communication;" "Building Your Image Through Public Relations." Presented seminars: "Issues in Free-lancing" and"Image Making in a Nutshell." A newsletter includes job opportunities, new product information, reprinting articles of interest, notice of business seminars, resources, book reviews. Developed business practices folder, including salary guidelines.
Ontario Home Economics Association (OHEA) 1979 1981	Provincial association needed to pursue registration of profession and to deal with provincially - handled concerns.	42 1453	In its ten year lifespan OHEA has been a very aggressive association. Each year, a conference has been held in some part of southern Ontario. In November, 1987, eleven thousand HEc graduates residing in Ontario were contacted; membership increased dramatically. In July 1988, confirmation was given to proceed with registration; by November, the act had been presented to the Ontario Legislature for approval. Twinned with Africa.
Ottawa HEA (OHEA) (Association d'Economie Familiale d'Ottawa) 1933 1957	To provide communication between professional areas; stimulate leadership in community; maintain professional standards.	15 117 + life members	Early years volunteer demo's and lectures to women's groups on food short-cuts and nutrition. Awards program offers bursary and scholarship. Workshops have provided professional updating in areas of nutrition, textiles, management, communications, family development, metric and microwave. Presented many New Products Dinners. Hosted CHEA Conferences 1962 and 1984, and IFHE Congress 1976. Current interests increasing in family studies and international development. Twinned with Thailand.
Toronto HEA (THEA) 1938 1957	To acquire professional knowledge; correlate branches of profession; discuss personal problems.	17 656	Projects have included: Adopting Corvette HMCS Kamloops, World War II; New Products Dinners; providing seventeen food columns for new Canadians, distributed by ethnic press; scholarship fund established; presented brief to Royal Commission on Status of Women. By 1973 hired executive director and published monthly newsletter. Established Speaker's Bureau; held mini-conference and workshop on microwave cooking. Celebrated 50th anniversary 1988 and published *Golden Memories Book*. Twinned with Caribbean.
Hamilton HEA 1938 1958	To promote, encourage and improve the status of home economics in the Hamilton district.	26 46	Two scholarships, one to University of Guelph and a second to Ryerson Polytechnical Institute, are awarded annually to first year HEc students. Award certificates and pens given annually to senior high school students with good standing in family studies who are planning a career in home economics. Hamilton HEA twins with the Tanzanian HEA; viability of a nursery school project has been verified and Tanzanian project manager to be hired.
London HEA 1941 1956	To deal with food shortages and nutrition concerns in early years of Second World War.	8 100	Annually joins fund-raising forces with a charitable organization; resulting publicity benefits charity, and increases public awareness of HEc. Twinned with Gambia, West Africa. Their project is a ten-month training program in HEc skills for early school leavers. Need for such programs is critical, since high school space available for less than one-third of eligible students, and employment opportunities are limited, especially for women.
Niagara Region HEA 1960 1964	Group had attended Niagara Falls, N.Y. meetings; decided to form Canadian Association in area.	≈ 20 45	Activities include several career expositions; programs on topics such as consumer issues, obesity, architecture restoration; participation in "Nutrition Week" with regional health unit; tours of Shaw Festival, Brock University and Ontario Ministry of Agriculture and Food Center. Information booklet compiled for women at the local crisis centers. Meetings often include points of interest in Niagara-On-the-Lake and Niagara Falls.
Quinte HEA 1979 1982	Family studies teachers needed to share ideas and professional development activities.	n/a 32	Programs include microwave cooking demonstration; Palmer-Pletsch Sewing Seminar; international development speakers. Public meetings frequently held with speakers on subjects such as heart disease, old age, financial planning. A public food forum, with cooking demonstrations, is held annually. A tenth anniversary celebration is planned for the year (1989), with invitations extended to OHEA and CHEA.

• Name of Association • Formation Date • Affiliation Date with CHEA	Reason For Formation	• Charter Members • Current Members	Summary of Affiliate Programs and Activities
Ontario Family Studies Home Economics Educators Association (OFSHEEA) 1903 1981	Ontario government Department of Education requested an organization to support "manual training" teachers. Adelaide Hoodless chaired first meeting, was first president.	n/a 650	Originally called Household Science Section of the Ontario Educational Association; 1938 became Home Economics Section OEA; 1972 incorporated under present title. Aim is to advance educational value of family studies by offering regional workshops, annual conferences (first held in 1904), and awards for teaching excellence. Membership open to all who maintain interest in advancement of family studies/home economics education. Sent representative to CHEA founding meeting. Twinned with Swaziland.
Ontario HEIB 1974 1983	To share problems of mutual concern; increase professional development opportunities; support CHEA aims.	49 130	Programs include professional workshops on food photography; TV presentations; speakers on computer applications for HEIBs, contract negotiations, and free trade. Currently active in supporting CHEA in efforts to become registered. In fourteen years association has graduated from box lunches and informal meetings to a structured organization with its own letterhead, newsletter, roster, and free-lance directory. Currently preparing constitution and bylaws.
Association d'Economie Familiale du Québec (AEFQ) 1965 1981	To meet changing societal needs by expressing concerns, suggesting changes, in school and university curricula.	615 200	Founding of AEFQ brought together specialists in fields of education and public relations. Association played active role in submitting reports and position papers to education department. Now serves on Advisory Committee to Quebec Ministry of Education. Also successful input into university courses appropriate to needs of changing society. For members: conventions held annually; bulletin published; information center established. Affiliated with IFHE and Vanier Institute. Twinned with Haiti.
Quebec Home Economics Association (QHEA) 1940 (as Montreal HEA) 1981	Founding of CHEA and enthusiasm of Margaret McCready about forming Quebec association based on CHEA.	28 50	In early years wrote premier of Quebec requesting each Quebec child be given home economics course; wrote CHEA and Canadian government requesting establishment of division of standards for consumer goods; lobbied government to establish and enforce meat grading standards. Supported university students through bursaries. Now in 80's have succeeded in introducing universal HEc education, but in 1988 moratorium on McGill programs for budgetary reasons. Twinned with Pakistan.
New Brunswick Home Economics Association (NBHEA) 1918 1958	An association was needed for home economics teachers, extension workers and dietitians.	12 140	Formed during Maritime Teacher Convention; actively supported teachers. Reactivated 1939 with membership divided into three groups: teachers, dietitians, extension workers. In 1957 cookbook project launched - authentic recipes using NB products. Eleven English and one French editions, sold 60,000 copies; revenue provided scholarship funds. Second cookbook (metric and imperial) published in 1986 (English) and 1987 (French). Also award Thelma Sewell Memorial Scholarship. Twinned with Senegal.
NBHEA - Saint John Chapter 1946 1958	From Wartime Nutrition Study Group of Canadian Federation of Universities, women decided need for further programs.	24 35	Fund raising activities are annual Coffee Party and Sale, a Bring and Buy Auction, judging local newspaper recipe contests. Proceeds fund scholarships and provide free milk to needy school children. Other projects include "Adopt a Child" through Pusan Orphanage project; school district Career Expo; booths in malls during Nutrition Month; Palmer and Pletsch Workshop; support for HEc education during reorganization of junior and senior high school programs.
NBHEA - Fredericton Chapter 1954 1958	To socialize with other home economists in the area.	17 45	This year the Fredericton Chapter celebrated its 35th anniversary. Dinner guests included nine charter members and graduates from the two local universities (University of New Brunswick and St. Thomas). Programs over the years have included nutrition, HEc education, consumer issues, always in specific areas of current interest. A recent program presentation was the history of the association over the past thirty-five years. The chapter participates regularly in Nutrition Month and World Home Economics Day.
NBHEA - Moncton Chapter 1981 1958 A chapter existed earlier - dates not available	To enhance provincial association; allow more participation from Moncton area members; for educational purposes.	22 37	Projects include: efforts to give higher profile to family living courses offered in New Brunswick school systems; workshops on financial counselling and poverty; heavily involved in CODI (international development committee); in conjunction with World Home Economics Day, honor home economics graduates from Université de Moncton; involved with Council of Women; support community social agencies.

• Name of Association • Formation Date • Affiliation Date with CHEA	Reason For Formation	• Charter Members • Current Members	Summary of Affiliate Programs and Activities
NBHEA - Bathurst Chapter Not available 1985	To bring professionals together from various fields and provide opportunities for networking.	13 13	Meet four times a year. Programs have included: resource persons on topics of current interest; registration of profession; what's happening to home economics - change from compulsory to optional subjects in schools; ID programs (three) with guest speakers from New Brunswick's twin country, Senegal; participation in World Home Economics Day. Focus this year (1989) is on hosting provincial conference.
Nova Scotia Home Economics Association (NSHEA) 1926 1955	To improve living conditions in the home, institutions and community.	23 215	Published newsletter soon after formation. Annual conferences began in 30's. Hosted two CHEA conferences - Digby 1946 and Halifax 1972. In 60's presented brief to Royal Commission on Status of Women and held Literary Round Tables throughout province. During 70's made submission to Royal Commission on Education; presented brief to government on Preventative Health Care in Nova Scotia schools. Celebrated 50th and 60th Jubilee Conferences in Halifax. Twinned with Malawi.
Association of Professional Home Economists (APHE) Halifax - Dartmouth District 1929-30 1987	To provide leadership, professional development, annual conference - vehicle to keep profession moving forward.	n/a 37	Programs include various facets of professional development; scholarship fund raisers; participation in career fairs. Resource speakers are supplied for public groups on topics related to discipline. APHE has two special interest groups - "Nutrition" and "Historic Pasts and Antiques" - programs are given on these topics. Following a member's visit to Gambia, association supports HEc teachers in three Gambian schools by supplying needed items (separate from NS twinning with Malawi).
Cape Breton Home Economics Association 1948 1955	To coordinate discussion; to exchange ideas and advice in areas of interest to teachers.	n/a 26	Hold four general meetings a year with programs related to branch issues, personal development and human relations; nutrition and serger workshops; international development guest speakers (Malawi students from Mount St. Vincent University) at least once a year. Have compiled and sold two cookbooks and hosted four provincial conferences.
Prince Edward Island Home Economics Association (P.E.I. HEA) 1942 1955	Red Cross Nutrition Corps requested home economists' nutrition expertise - latter decided time for professional association.	11 70	Main impetus improving quality of life on P.E.I. Association mainly responsible for introduction of HEc in high school; establishment of HEc Department at University of Prince Edward Island; securing district HEc positions in Department of Agriculture. Also supported Department of Education in introduction of family life courses at all grade levels - currently being piloted - members helped write program. Scholarship awarded annually. Professional development workshops annually.
Newfoundland Home Economics Association 1939 1958	To share ideas, support each other.	6-7 n/a	Professional development main achievement. Knowledge gained through speakers, workshops, interaction, used to further both professional and volunteer work in community. Inform public by booths at fairs, publications, other activities, on issues regarding food, nutrition, crafts. Newly arrived home economists, particularly teachers, have been welcomed and given assistance. Though not always entirely obvious, NHEA has had an impact on the province.
Western Newfoundland Home Economics Association 1973 1983	To share common concerns, interests, problems.	7 12	Worked with HEc curriculum and development for Department of Education. Produced slide tape presentations "Home Economists in Action" used for school career days. Offer scholarships for students entering home economics program. Participate with dietitians in Nutrition Month. Give assistance with Big Brother and Big Sister projects. Participated in planning 1988 Newfoundland Teacher Association Home Economics Special Interest Conference in Stephanville.
Yukon Home Economics Association (Yukon HEA) 1984 1987	To promote high professional standards; to facilitate communication and cooperation with other groups.	12 6	Meet annually and during year as need arises. Initiated serious attempt to affiliate with Yukon Teachers' Association. Concern over lack of training of HEc teachers and lack of syllabus grades 7-12. Mail newsletters to those teaching home economics. With Alaskan home economists are hosting Circumpolar HEc Conference September, 1989. With CHEA will present one day pre-conference workshop at Circumpolar Health Conference to be held May, 1990 for all countries above the 60th parallel. Both conferences to be in Whitehorse.

Photo courtesy of Glenbow Archives, Calgary, Alberta.

5th Biennial Convention, Canadian Home Economics Association
Calgary, Alberta August 23-26, 1948

10th Biennial Convention, Canadian Home Economics Association
St. Andrews, New Brunswick July 1-3, 1958

Meeting and Sharing: The Conventions

Susan Somerville BSc(HEc), PHEc

A convention was the beginning of the Canadian Home Economics Association, and conventions (or conferences, as they are now called) remain the lifeblood of our association. Home economists from coast to coast have the opportunity to hear and meet outstanding members of the profession, to become better acquainted, to share and learn new skills, and to keep current on research and new developments relevant to the profession.

The First Convention

Katharine Middleton, 1938-39 president of the Manitoba Home Economics Association and one of the planners of the "First Convention of Canadian Home Economists," urged her local members to attend, with these words:

> *It may be you have not attended a convention before; therefore, as yet, you cannot realize just what a convention can do for one. It is sometimes not the actual knowledge gained that counts, but more, it is the contacts made, the discussions in groups of two and three, that give one a feeling of satisfaction and achievement. We urge all of you to attend as many meetings as possible.*

Examining the program of that first convention gives one the feeling of a professional presentation covering a broad range of interests that would have enticed any home economist. The typeset program contained the schedule of events, a cordial welcome from the Manitoba Home Economics Association, and eleven advertisements.

The first day was taken up with registration, a business meeting (including introduction of delegates) and a tea at the Home Management House as guests of the University of Manitoba. In the evening, a public meeting was held at which the guest speakers were Mrs. Katharine M. Ansley, Executive Secretary, the American Home Economics Association, Washington, D.C., and Miss Edith Elliot, Marketing Division, Department of Agriculture, Ottawa. Demonstrations and exhibits were presented by the Canadian Handicraft Guild, Manitoba Branch.

The next two days included a second business meeting, plus nutrition, clothing and textiles, home management and education sessions. Each session contained two or three addresses pertaining to that particular area. These sessions were not concurrent so it must be supposed that all delegates attended all sessions.

A field trip was planned through the *"new two-million dollar meat packing plant of the Swift Canadian Company."* The delegates were dinner guests at the St. Charles Country Club, courtesy of Mr. W. McCurdy, Vice President and Managing Director, *The Winnipeg Tribune*. The three-day convention concluded with a banquet at the meeting site, the Royal Alexandra Hotel.

Boundless enthusiasm, and a spirit of cooperation among the 116 delegates, marked the founding convention. The fact that it occurred, and that it was successful, was a credit to all those involved in the planning and work. The same continued to be true of the thirty-two national conventions held in the ensuing years.

For more details of the first convention see "The Beginning: Our Founding Convention" by Elizabeth Feniak.

Programs Through the Years

The programs of the early conventions emphasized home economists getting to know each other and sharing information about their positions. Attendees updated their knowledge of adequate nutrition, synthetic fibers and family relations by attending sessions such as "The Home Economist in Rural Life" and "The Home Economist and the Community." From concluding reports, we sense a feeling of excitement and unity fostered by the newly-formed Association.

In the 50's the focus appears to have shifted from individuals to the Association. It was a time to define organization and set standards. Incorporation was one obvious and lasting result. As a professional association, CHEA recognized other sister groups with information of value. In 1950 the first joint CHEA/CDA Convention was held. Many sessions continued to focus on family living: "Growth and Development of Children," "Clothing and Furnishing Styles," "Home and Its Equipment." Television was a new medium with great potential for home economists - one to be explored and used.

The focus on the home and family seemed to intensify throughout the 60's. Convention sessions investigated food technology, education, housing for seniors, and recognized "The Family in Trouble," and "Roles of Women." Communication and public relations appeared to be new areas of interest.

The biggest issue of the 70's appears to have been change - preparing for it, coping with it, planning for the future. This was reflected in a broader base of convention topics: "Ethics in Advertising Marketing," "Meeting the Needs of Minority Groups," "The New Consumer Climate,"

"Single Parenting," "Daycare," "The Metric System."

Often sessions emphasized taking stock of the situation and then, by being informed, preparing a design for the future in family and community life. This was done on a personal and sometimes political basis. Assisting the needs of the Canadian people was still a priority, but the facets and fronts of the job seemed to have multiplied greatly.

In the 80's, once again conventions became more introspective, and focused on professionalism. There was recognition of strength through diversity, of professional development, and of a need to broaden our roles. As always, new technology (this time computers) was considered. Networking, job-sharing, professional reentry and management were issues of concern. The presentation of research papers became part of the program. The first issues forum was instituted in 1983.

An interesting common thread runs from the first conference through to the most recent. It is the recurring emphasis on the sharing of up-to-date knowledge, and the recognition that home economists were and are at the forefront of new and changing ideas.

Regional Flavor

Not to be missed as a facet of conventions (conferences) is the awareness that not only are home economists diversified in their roles, but so is our country. As the convention moved back and forth across the provinces, we see evidence of the use of local talents, specialties and resources to make each gathering as unique and memorable as possible. Menus have featured lobster in the Maritimes, beef in Alberta, a salmon barbecue in British Columbia, and an evening of Quebec cider and cheese in Montreal. Entertainment has included a Maritime hoe-down, Ukrainian dancers in Edmonton, and the RCMP Sunset Ceremony in Regina. Often, regional trips and tours have been offered - an elegant picnic supper by the Avon River at the Stratford Shakespearean Festival, a drive to Butchart Gardens in Victoria, a tour of southern Nova Scotia and a fish processing plant, a double-decker bus tour of the city of Ottawa, and on and on - always the opportunity to better know our country and its people, and to expand our own horizons.

Pre- and Post-Conference Workshops

Short courses or workshops either immediately before or after conferences have been made available as optional add-ons to enhance the educational opportunities for members. Sometimes workshops have been organized by particular interest groups, with a more specific theme than the convention itself.

The first mention of this practice was in 1948 when a pre-convention course on home economics education, taught by Clara Brown Arny, attracted thirty registrants. Nutrition, family living, textiles and curriculum development were major topics of the 50's, 60's and 70's. During the 80's more conferences had both pre- and post-conference workshops. The issues have tended to focus on professional development, technology, and international development.

Some Still-Relevant Thoughts

The welcoming remarks, published in the first convention program, concluded in part:

> *The profession has been established in the Dominion for over forty years, and during that time has widened its service to the community and the individual. Though now firmly established as a profession, it is still growing, and by this meeting we hope that a greater understanding of our individual and group problems will emerge, and a strong bond extend from coast to coast. This is YOUR convention, Home Economist. We hope that each of you will take an active part in it as the opportunity offers. We say "Hello" but we hope not "Goodbye," and we hope that all who attend this convention will find much to interest them, something to enjoy, and something to remember.*

The 1988 conference material promised to *"challenge our thoughts and expand our vision."* It appears home economists have been doing precisely that at conferences over the last fifty years.

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QUARTS
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. . . hundreds of home economists at the recent Toronto Convention were really amazed by a revolutionary new product, INSTANT MIL-KO.
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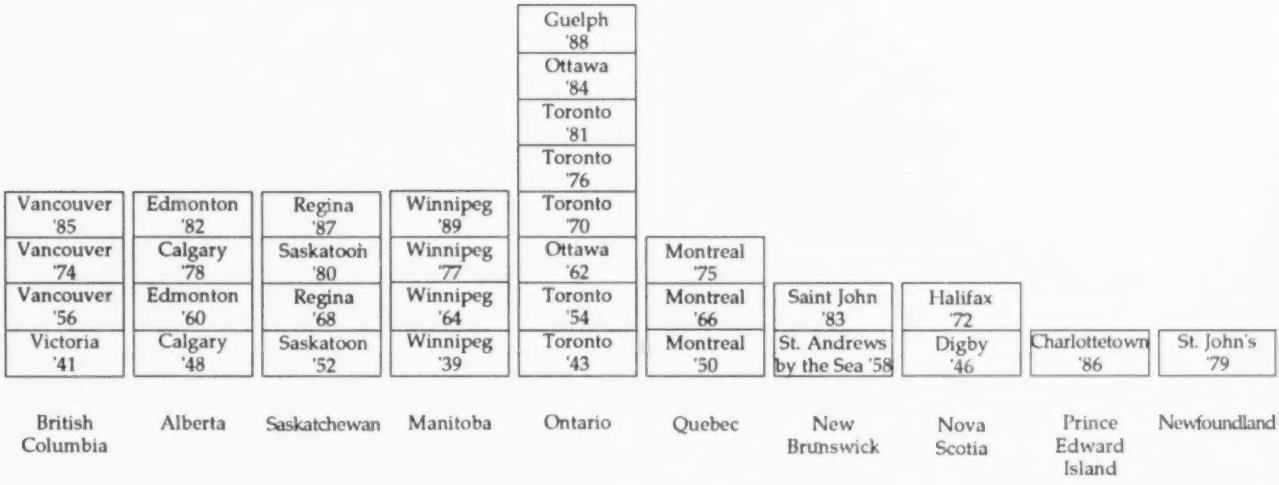
CHE Journal, September 1954

Conference exhibitors keep CHEA members up to date.

Meeting and sharing in the fun!

The Building Blocks of CHEA Conventions



Reflections of the Times

As the drought years of the 30's were coming to an end and war loomed on the horizon, thrift and economy were important values as evidenced by these ads appearing in the program for the first CHEA convention in 1939:

- An Eaton Branded Line - whether it happens to be ...a pair of brogues or a rug - is best possible regular value we can offer you for your money.
- Practice Practical Economy by using Ogilvie Royal Household Flour in your kitchen.
- Mayfair Dressmaking School - This course pays dividends all your life, whether used professionally or for your own personal adornment only.
- G.E. Triple Thrift Refrigerators - The open door to Hospitality, Economy, Convenience.

The Speery Corset Shop ad for "Individually Fitted Foundation Garments" no-doubt appealed to those wishing to look their best.

In recent years, advertisements were no longer carried in conference programs. However, the following 1984 insert serves as an indicator of the day. "With your health and physical fitness in mind, the conference will offer nutrition breaks and designated smoking areas at meals. Smoking will not be permitted at the sessions. Guests of the Westin will have access to the hotel's swimming pool, squash courts and physical fitness equipment." Note also that at this conference "a lively spouse's and children's program is being developed." Day care was available at the conference site.

Registration fees for the 1939 convention were set at $2.00 with an additional charge of $3.00 to cover the banquet and transportation to the hospitality events. Advance registration fees for CHEA members attending the 1988 conference were $275, and $315 for last-minute decision-makers.

Image or Identity: The Search Continues

Ruth E. Berry BHE, MS, PhD

In 1965, students alerted the profession to the issue of its image by discussions held during the first Home Economics Club meeting at Macdonald College, McGill University. At that time, students felt that the name gave an incorrect impression of the profession, as did our identification with the high school program. Though the latter was a visible facet of the home economics profession, it was only one of many. Prior to this, it had seemed very acceptable for professionally educated women to contribute either in the paid labor force or at home. However, many nonprofessional women worked only if the income was needed - women working to fulfil themselves was not yet a widely-held philosophy. Adelaide Hoodless was frequently quoted as saying that the role of home economics was to help woman better carry out her God-given place in life - the role of wife and mother. At the first CHEA Convention, J. H. Evans, Deputy Minister of Agriculture and Immigration, Manitoba, stated: *"The most potent force of all in nation-building is the home, and this is the field of influence of CHEA."*

It seemed to be enough, in the 50's and the 60's, to confine our sights to home economics being a woman's career. We were satisfied with a restricted array of career opportunities, and in many cases, with supporting male counterparts who were our husbands or our supervisors. Major university programs hired male deans and directors whom the selection committees felt could represent the interests of home economics more forcefully than women in the all-male bastions of university administration.

In the 70's however, the women's movement raised our consciousness to issues related to employment equity, status and power. In 1974, the American Home Economics Association (AHEA) commissioned Daniel Yankelovich and Associates to study the image of the profession. They concluded that home economics had no clear identity. Two stereotypes emerged. The first was of home economists as task-oriented doers and suppliers of information, rather than thoughtful, creative professionals. The second image was that of teacher. The consultants did not suggest a name change but rather that we use our resources to clarify the present name and incorporate appropriate new material into our domain regardless of the name of the field.

A Rose by Any Other Name...

Despite this admonition, by 1984 only half of the colleges and universities offering home economics programs still used this title. Faculties of home economics changed both their programs and their names, but no standard nomenclature emerged in either the United States or Canada. Of the current schools, the Macdonald Institute at the University of Guelph was the first to change its name, becoming the Faculty of Family and Consumer Studies in 1969. Later, Ryerson became a Department of Food, Nutrition, Consumer and Family Studies; the University of Manitoba became the Faculty of Human Ecology; and the University of British Columbia became the School of Family and Nutritional Sciences.

Some of these name changes coincided with Dr. Edith Rowles Simpson's address to the joint CHEA/CDA Conference in Toronto in 1970. As Dean of Home Economics at the University of Saskatchewan, she suggested three ways to improve the image of the profession: a name change (her suggestions were Applied Human Economics, and Human Ecology), integration of boys and men into home economics curricula at all levels, and a return to learning. This was echoed by CHEA President May Maskow in 1982 when she reminded us that many professions have perceived image problems. She suggested that we stop asking experts what their impression of our profession is, and tell them with enthusiasm! Her solution was professional development so that we become more involved in learning and searching for new concepts of the field to create a positive image.

Jennifer Welsh, then head of the home economics program at Ryerson, confessed in her "Letter from a Closet Home Economist" printed in a 1978 *CHE Journal*, that she was embarrassed to admit belonging to the profession. To be a home economist, she stated, is to be viewed as academically inferior and socially irresponsible. She questioned our loyalty to the family, suggesting that this makes home economists the enemy of feminists. Naturally, her letter prompted thoughtful and angry responses as members confirmed their idea of professional commitment.

The student concerns of the 1960's about the outdated image of home economics were reaffirmed by the Kaiser report some twenty years later. Marilyn Kaiser studied the Association extensively in 1984, and showed that the concern about image was the most-mentioned issue pertaining to the profession. Members believed that the stereotyped view of our professional capabilities restricted career possibilities for home economists and that the profession was held back by society's non-recognition of our varied occupational proficiencies.

And As For the Future...

As we move to the 1990's, some current initiatives may address our image and identity. The move toward registration of the profession will increase public awareness and help to make employers aware of the risk to the public of hiring unqualified staff. This should give attention to the rigor of our academic training and the value of our contribution to society. In the United States, the designation of "Certified Home Economist" was implemented in 1986. Applicants must pass a qualifying examination and fulfil continuing education and professional development obligations to maintain certification.

We continue as a female-dominated profession in a world which has traditionally valued women's work less highly than work done by men. Home economics, and the names ascribed to it by university programs, is evolving and developing an identity which is malleable and contemporary - blending both the old traditions and new applications. The search for our image and our identity will continue, and it is up to us, as professional home economists, to define and clarify our role rather than leaving that important task to others.

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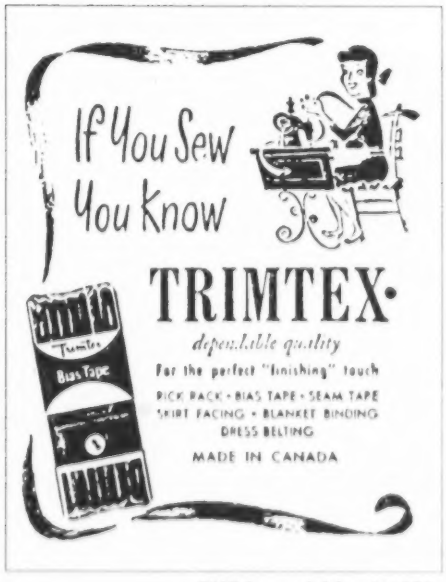

CHE Journal, March 1958

Looking Into the Matter...
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It's a Canaian dish—known from coast to coast, and one that the whole family shares. Since 1869 the organization has grown with Canada; and through its Mail Order is available from coast to coast. EATON'S aim always has been to offer quality unsurpassed at the price in fashions, furniture, equipment for farm or home; and every sale is made with that familiar reassuring guarantee—
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CHE Journal, August 1948

Home Economics as a Helping Profession

Home economics interpreted as a helping profession and one of the human service fields, is a view which emphasizes the need for home economists to integrate what they know with knowledge, attitudes and skills which facilitates the translation of content into responsible and meaningful human services. ...home economics as a helping profession needs to be critically examined. It is an important process in which every member of the profession needs to be involved.

Eleanore Vaines, *CHE Journal*, Winter 1982

Looking Both Ways: A Perspective

Betty Wolfe BHEc, BEd, MEd, PHEc

The 1897 genesis of home economics in Canada was followed by forty years of coast-to-coast rumblings, new technological education, unprecedented European immigration, war and depression. By the late 30's loose knots of regional and local home economics organizations had formed a string across the country.

The National Dream

In 1939 a brave effort at cohesion began with a national convention in Winnipeg, Manitoba. It promised to meet the ultimate challenge of connecting home economists across three thousand miles. (The term "networking" had not yet been invented.) The Canadian web was beginning to spin. Imagine! Long distance telephone was used very little by business people and professionals, air travel was sketchy, and train travel time-consuming. The era of facsimile machines and the possibility of teleconferencing or teleview conferencing was thirty to forty years away. In spite of the geographic hurdles, the Manitoba Home Economics Association fostered a convention where members unanimously agreed to band together federally, and the "national dream" became a reality.

Into Action

The July 1939 convention laid the foundation for all succeeding conferences. Subjects in focus at that time were nutrition, home economics curriculum (education), extension education for rural areas, and textile updating. Association efforts from 1939 to 1950 encompassed home economists and THE WAR, consumption of resources, reconstruction, and the family.

As time went on, forums for idea exchange were offered in newsletters and journals. Members became actively involved when their locals hosted conferences, and took pleasure in showing the delights of their locales to conference guests.

The chronic thorny issues of membership and budget have plagued the Association through its entire fifty years. The only exception was a meteoric rise in membership in the late seventies. Now, in 1989, we hope that federation will solve the twin issues of membership and budget.

Initially, the people who piloted the CHEA ship were university and school board educators in home economics. Gradually, as other career opportunities opened, administration was effected by members from government, business, and the grass roots.

Activities Were Diverse

From earliest days, concern was manifested for the poor and hungry of the world - from displaced World War II refugees, to modern, battered immigrant families longing for a safe haven. In addition, we have helped to educate those who have chosen unwisely: dropouts, pregnant teens, broken marriage victims, and the displaced elderly. Today, we cherish our chance to touch fellow professionals in all parts of the world through twinning. We are the first Canadian professional group to be funded by the government for international project exchange and in-house development education. The two veins of caring idealism and practical living skills convey to the world our dual nature.

Over the past fifty years time devoted by volunteers to CHEA activities has been incalculable. Members have spent their own money, imposed on family and friends, and given up many leisure hours on behalf of the Association. Often they have suffered the frustrations of a volunteer organization when follow-through activities did not occur as expected. But despite the problems presented by volunteerism, dedication is apparent in our history.

What Does The Future Hold?

In 1944 the Association was concerned about school lunch programs. In 1989, we worry about hungry children of working parents, their lunch *and* breakfast. In 2009 A.D., if we do our homework, we may find students ejecting balanced lunches from school food dispensers containing no "junque" food.

In 1943 and 1947 CHEA noted that import restrictions made fruits and vegetables less accessible. In 1989, we are discovering that the safety and transportation of imported fresh produce can cause problems not easily resolved. In 2009 we could be self-sufficient in Vitamin C, marketable products and diverse fresh foods. In the meantime, we need to learn more about distribution and growing methods in order that we can inform our public.

In 1943 Canadian home economists were concerned about factory workers being rehabilitated to home and domesticity after the war. In 1989 we have some of our members offering fitness/nutrition/health/financial counselling services to progressive corporations. If the Japanese employers' regard for the whole worker pervades North America, then this form of adult education might prove to be an ideal vehicle for our skills.

From necessity, we have learned the art of lobbying. We have yet to learn, as a body, more about effective publicity, presentation, social marketing, self-direction, and self-conviction. As we strive for general societal acceptance, we need a consolidated philosophy and clarified objective. Our twin disciplines, arts and sciences, have created a dichotomy in our profession. We promote new food technology and research while we refer our members to books on spinning. Research on textiles fascinates our intellect and increases our knowledge, while we wrestle with budgets for clients on social assistance who wear rummage sale wardrobes. Can we resolve our consumption/conservation identity? In addition, the many facets of our profession present a confusing image to the public. Do we need to present ourselves as a more unified profession, but one with areas of specialization?

Lifelong learning is our kind of work; we focus on the application of technology in life situations. The resultant learning is immediately relevant and demonstrably valuable to our clients. Currently we are caught in an upward spiral of career opportunities. We have the potential, but in order to meet societal changes and needs, we must return to our generic roots of home and family, and find new avenues to channel our skills and energies. In the wake of the "me" generation, old turn-of-the-century virtues of faith, loyalty, frugality, and selfless service, linked with intellectual prowess and superb organization, could make us an organization with a powerful impact on Canadian society.

The following statement by Doris Runciman, CHEA president from 1945 - 1946 says it well:

> *...with vision and Utopia our aim, we shall continue to grow, and become a real force in helping shape Canada into the kind of place in which we want to live. As Thomas Mann has said, "What would man [woman] be without Utopia? He [she] must aim at the unobtainable in order to realize the attainable and to make one step forward."*

The Essence of Persistence

It was reported that...

1967: The Alberta Home Economics Association had formed a Registration Committee; registration of provincial home economists was expected within three years.

1989: News flash! AHEA has just received government approval for registration of home economists in Alberta. Their professional designation is PHEc.

Capsulized Time Map

1897
- Technology, education: schools, faculties
- Immigration
- War: reconstruction
- Depression
- HEc groups: regional, local

1939
- Canadian Home Economics Association
- War: armed forces, nutrition education, conservation
- Reconstruction; promotion of standards
- Concerns: teacher certification, curricula
- Professional updating; sharing information

1950
- Duggan Report; FAO opportunities
- Newfoundland joined confederation
- Baby boom; family, home, consumerism
- Incorporation; linking with other groups
- College Clubs; HEc associations affiliated

1960
- Rebellion; values reassesed
- National Office established; full time secretary
- Laura Secord Cook Book; scholarships
- Feminist movement
- Communications; public relations

1970
- Metric Committee; consumerism
- Change
- Status of women; human rights
- Rapid growth in membership
- Deficit budgeting; ID projects

1980
- CHEA officially bilingual
- Accountability; long-range plan, professionalism
- Fitness & nutrition bandwagon
- Family & women's issues; environment
- Structure revision; constitution; code of ethics

1989
- Federation; registration; streamlining
- *We Are Tomorrow's Past* published
- Happy anniversary CHEA!

1990 - ?
- Reflecting; responding; growing
- Micro/macro look at economy; effect on us
- Political involvement; increased influence
- Environmental study, application; conservation
- Needs of disadvantaged & elderly
- Poverty; food supply at home & world wide
- Professional exchanges at home & abroad

To read without
reflecting
is like
eating without
digesting.

Edmund Burke
(1729 -1797)